

# Carolina country

Collection




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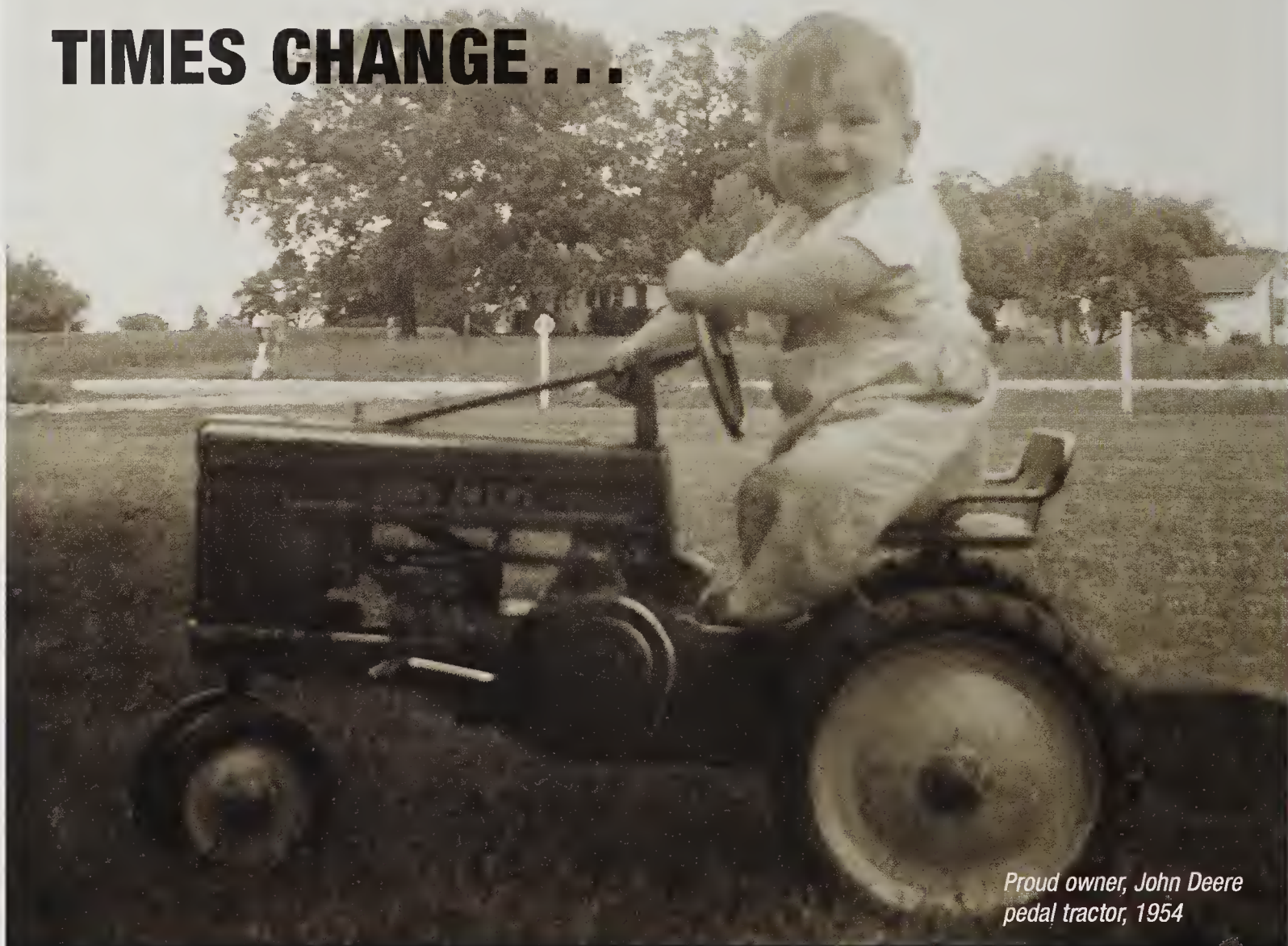
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North Carolina's electric cooperatives provide reliable, safe and affordable electric service to 850,000 homes, farms and businesses in North Carolina. The 27 electric cooperatives are each member-owned, not-for-profit and overseen by a board of directors elected by the membership.

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## Teenagers are as much a part of cooperatives as anyone else

By Marshall K. Cherry



One of my earliest exposures to the business world was during a week in June between my junior and senior years at high school. Roanoke Electric Cooperative sponsored me for the Cooperative Youth Leadership Conference at White Lake in Bladen County. It was a week that had a great effect on me, and to this day I am grateful for the opportunity.

I was one of about 60 North Carolina students my age who were sponsored by a cooperative serving their home community – an electric co-op, a telephone co-op, North Carolina Farm Credit, a 4H chapter. In addition to a week of real fun at the lake, we could take mini-courses in photography, sign language and other skills. We met Jim Graham, who was then the Commissioner of Agriculture, as well as other state officials.

Each morning we learned something about the cooperative way of doing business. For many of us, it was our first real lesson in business principles and practices. Representatives

from utility co-ops, financial institutions and N.C. State University explained how cooperatives stay in business solely to provide their members with the commodity or service they expect. We learned how the members of cooperative businesses have the opportunity to elect their own representatives to a board of directors that oversees the management, operation and future planning of the business. We learned that cooperatives must make sound investment decisions and remain in stable condition, but do not need to make a profit for investors in order to achieve their business

goals. At one point during the camp we actually elected a board of directors and made some business decisions ourselves.

Those educational sessions were almost as enjoyable as meeting the other young people from throughout the state and playing sports, performing in a not-so-talented talent show, and attending the big dance at the end.

The Cooperative Council of North Carolina has coordinated the Cooperative Youth Leadership Conference for 30 years, and I still owe them a debt of gratitude. Little did I know when I attended the White Lake camp that I would soon be working in a professional position for the same cooperative that sponsored my attendance there.

Supporting young people in our communities has been at the heart of the cooperative way of business since the very beginning. Not long after they finish school, teenagers will form the foundation of our communities and our cooperatives, so we do as much as we can to provide opportunities for them to attain as much education and experience as they can handle. We also understand that teenage years can be difficult ones, when young people not only have lots of work to do but also face choices, consider risks and begin testing their independence. We want to be there to help guide their decisions.

Touchstone Energy cooperatives in North Carolina each year sponsor not only the Youth Leadership Conference that I attended, but we also select rising high school seniors for a week's trip to Washington, D.C. (see page 9), we award some \$500,000 a year to school teachers with innovative classroom projects, we award college scholarships, we welcome students into our facilities to shadow our employees, and we sponsor a variety of school and community projects especially for young people. Roanoke Electric, for example, sponsored a high school class that was designing and building an electric car.

By actively involving our business in the lives of young people in our communities, we believe we establish a mutual respect between us. As they become adults, they will know about the local electric cooperative and may help shape its future.

*Marshall K. Cherry is vice president of member services and marketing for Roanoke Electric Cooperative, which serves more than 14,000 members in Bertie, Northampton, Hertford, Gates, Halifax, Perquimans and Chowan counties.*



*These four teenagers earned a week-long trip to Washington, D.C., in June 2003, sponsored by Roanoke Electric Cooperative.*





### The Yadkin River

The Yadkin River winds down the Blue Ridge Mountains through western Wilkes County and the W. Kerr Scott Dam & Reservoir. When my husband and I were dating, we would take a lunch break from school or work and relax by the water and study for tests.

— Rebecca Triplett-Johnson

### I know I'm not in North Carolina anymore

My mom sent me your magazine and the page on "You Know You're From North Carolina If . . ." [February, March and May 2004]. I live in Oregon now, so I know I'm not in North Carolina anymore when. . .

- I tell someone I'm from North Carolina, and they wonder why I have a southern accent.
- I'm the only person wearing UNC sweats who doesn't listen to rap music.
- Three of my favorite foods are a type of pudding, and Jell-o® doesn't make any of them.
- We go to Hardees and I have to explain who Gilbert Giddyup and Speedy McGreedy are.
- I still feel sneaky buying fireworks.
- I'm the only person in the room who knows the meaning of "piedmont."
- Nobody bothers closing up the box of corn flakes real tight.
- It's just too much trouble to say Altamahaw-Ossipee is the home of my alma mater.
- I have to tell someone that Raleigh isn't pronounced "rally."
- I have to tell someone that Mebane isn't pronounced "mee-bain."
- I use the word "oil" and end up having to spell it out for someone.

Duane Grasse  
Salem, Oregon

### CONTACT US

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**Mail:** 3400 Sumner Blvd.  
 Raleigh, NC 27616



### Ground steak sandwich

Two readers have asked us to find a recipe for the ground steak sandwich which they say is found only in Mount Airy. If you know the recipe, send it to us at: [Carolina.country@ncemcs.com](mailto:Carolina.country@ncemcs.com)

Or by mail to:  
 Carolina Country  
 P.O. Box 27306  
 Raleigh, NC 27611

### Down East or keepers' recipes

I have been trying to find recipes from Down East or recipes from families of light-house keeper descendants. I was wondering if anyone may be able to help me get some of these recipes. I love the cooking from Down East and have heard many people talking about how good the food is from coastal North Carolina. I would appreciate any help in my endeavor.

Connie McBride  
[pcmcbride@lexcominc.net](mailto:pcmcbride@lexcominc.net)  
 290 Swearing Creek Drive  
 Lexington, NC 27292

*Carolina Country has set up a forum on our Web site where you can ask for recipes and others can reply. Visit [www.carolinacountry.com](http://www.carolinacountry.com) and go to the Carolina Cookin' Visitor Recipes section.*

### For the fathers out there

This is dedicated to all the pappies and fathers out there on Fathers Day. When you talk to your children and grandchildren, remember that little minds have big imaginations, so be very clever about what you say. I am writing a book on country life called "What My Pappy Told Me."

Pappy said if you want to go to heaven you have to eat all your squash. I always believed what pappy said, so when the doctor said I was allergic to squash I just knew I was going to hell.

He said never be a "tattle-tail." I didn't, and Bigger set fire to the schoolhouse just like he said he would.

He said no one in life is going to give you anything, you have to fight for what you want. So I tripped my little brother and took his Mr. Goodbar. That candy sure would have been better if my brother had a Popsicle, too.

He said if I had to use the bathroom in the woods that I should use leaves to clean myself. That was the worse case of poison ivy I ever had.

Pappy raised five daughters and said he wished he lived in a house with a Pepsi plant on one side and a Kotex factory on the other. I liked the idea of the Pepsi plant, but I don't want to work in cotton anymore.

F.N. Stanton  
 Maxton  
 Lumbee River EMC



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	Male	Female	Male	Female	Male	Female	Male	Female
20-25	Call for more information		12.34	11.11	14.88	12.91	24.50	20.56
26			12.34	11.11	14.88	12.91	24.50	20.56
27			12.34	11.11	14.88	12.91	24.50	20.56
28			12.34	11.20	14.88	13.13	24.50	21.00
29			12.34	11.20	14.88	13.13	24.50	21.00
30			12.34	11.20	14.88	13.13	24.50	21.00
31			12.34	11.29	14.88	13.13	24.50	21.00
32			12.34	11.29	14.88	13.13	24.50	21.00
33			12.43	11.38	14.88	13.34	24.50	21.44
34			12.43	11.46	14.88	13.34	24.50	21.44
35			12.43	11.64	14.88	13.56	24.50	21.88
36			12.78	11.99	15.53	14.22	25.81	23.19
37			13.21	12.51	16.41	15.31	27.56	25.38
38			13.56	13.04	17.06	16.41	28.88	27.56
39			14.09	13.74	17.94	17.50	30.63	29.75
40			14.61	14.35	19.03	18.81	32.81	32.38
41			15.66	14.96	20.78	19.91	36.31	34.56
42			16.98	15.66	22.97	21.22	40.69	37.19
43			18.11	16.10	25.38	22.09	45.50	38.94
44			19.51	16.71	27.78	23.41	50.31	41.56
45			21.18	17.59	30.63	24.94	56.00	44.63
46			22.49	18.20	33.03	26.03	60.81	46.81
47			24.33	19.08	36.53	27.56	67.81	49.88
48			26.16	20.04	39.81	29.31	74.38	53.38
49			28.18	20.83	43.75	30.84	82.25	56.44
50			30.36	21.96	47.91	33.03	90.56	60.81
51			32.64	23.19	51.84	35.22	98.44	65.19
52			35.35	24.59	56.88	37.84	108.50	70.44

Issue Age	\$50,000		\$100,000		\$250,000		\$500,000	
	Male	Female	Male	Female	Male	Female	Male	Female
53	Other amounts also available		38.06	26.16	61.91	40.69	118.56	76.13
54			40.86	27.65	67.38	43.31	129.50	81.38
55			44.36	29.58	73.72	46.81	142.19	88.38
56			50.31	32.73	84.66	51.84	164.06	98.44
57			56.96	35.96	96.91	57.31	188.56	109.38
58			64.14	39.64	110.03	63.00	214.81	120.75
59			71.23	43.31	123.16	69.13	241.06	133.00
60			80.15	47.86	139.56	76.34	273.88	147.44
61			53.99	37.36	96.91	60.59	188.56	115.94
62			59.50	40.69	108.06	66.50	210.88	127.75
63			65.01	44.01	119.00	72.19	232.75	139.13
64			70.53	47.34	129.94	78.09	254.63	150.94
65			77.44	51.63	143.72	85.53	282.19	165.81
66			85.14	55.30	158.81	91.44	312.38	177.63
67			95.46	58.98	179.16	99.53	353.06	193.81
68			105.79	63.79	199.72	107.41	394.19	209.56
69			116.11	68.43	220.06	115.50	434.88	225.75
70			128.98	73.85	245.44	125.56	485.63	245.88
71			147.79	87.59	283.50	152.69	561.75	300.13
72			172.81	106.14	334.03	188.78	662.81	372.31
73			197.84	124.69	384.78	224.88	764.31	444.50
74			222.86	143.15	435.31	261.19	865.38	517.13
75			254.19	166.25	498.75	306.25	992.25	607.25
76			282.89	187.25	556.72	347.38	1108.19	689.50
77			321.21	215.34	634.16	402.06	1263.06	798.88
78			359.54	243.43	711.38	456.97	1417.50	908.69
79			397.86	271.60	788.81	511.88	1572.38	1018.50
80			442.84	301.44	885.72	580.56	1766.19	1155.88

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## Cape Hatteras Electric appoints Jim Kinghorn as CEO



*Jim Kinghorn has worked with the co-op since 2001.*

The Cape Hatteras Electric Cooperative board of directors has appointed James B. Kinghorn Jr. as executive vice president and CEO. He succeeds James D. Sherfey, who leaves the helm of the co-op after nine years (see page 11). The board conducted a national search before selecting Kinghorn.

Jim Kinghorn has been manager of engineering and operations with CHEC since June 2001. In that position he has had responsibility for the co-op's power distribution system, including lines, poles, substations and related facilities, equipment and services.

Prior to joining CHEC, Kinghorn served in the top managerial position at Edgecombe-Martin County Electric Membership Corporation based in Tarboro. He is a registered Professional Engineer and earned his civil engineering degree from Clemson University. He and his wife, Marsha, live in Avon and have two grown sons.



*Between sessions in the field this spring, the driver of this crop sprayer stopped by the Roanoke Electric Cooperative office in Rich Square to conduct some business.*

Bobbie Joe Lindsay

## Teachers may apply for Bright Ideas education grants

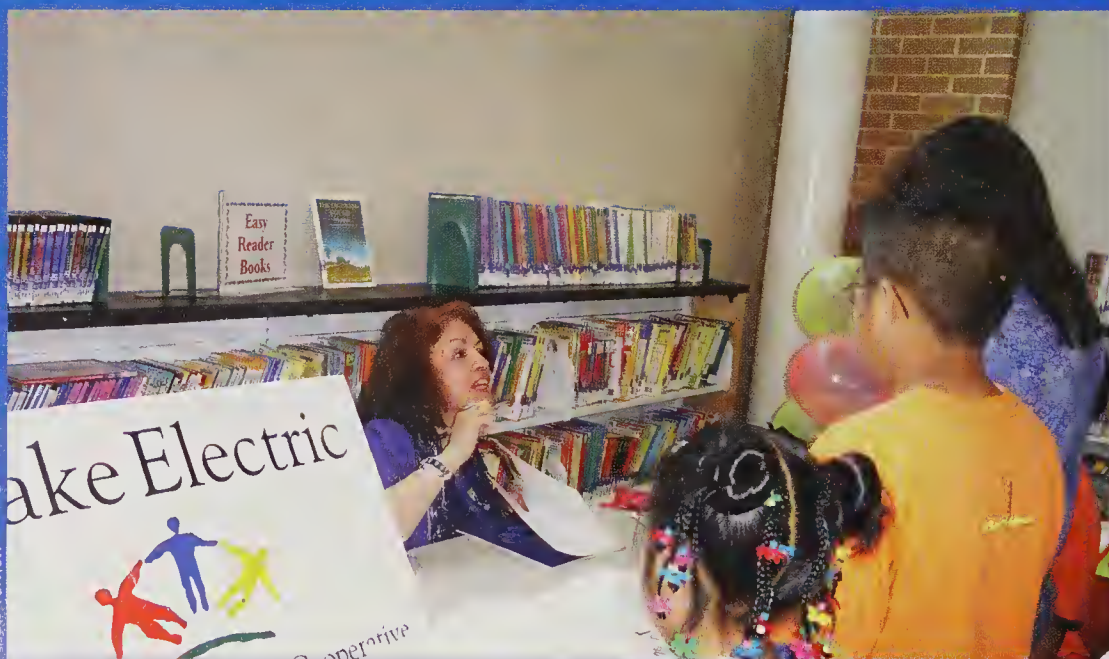
North Carolina's Touchstone Energy cooperatives expect to award approximately \$500,000 to teachers for classroom projects performed during the 2004-2005 school year. Teachers can apply for the Bright Ideas education grants through their local cooperative or at [www.ncbrightideas.com](http://www.ncbrightideas.com).

Individual grants up to \$2,000 are available from the electric cooperatives. Teachers who submit their application by August 18 will be entered in a drawing for a digital camera.

All North Carolina certified K-12 teachers are eligible for a Bright Ideas grant, not just those served by the state's 27 electric cooperatives. Bright Ideas provides grants for innovative and creative classroom projects that would otherwise go unfunded. North Carolina's Touchstone Energy cooperatives have financed a variety of hands-on projects, including activities in music, art, history, language, reading, science, career-planning and information technology. Most of the cooperatives judge their applications in October and dispense grant funds in November.

Simplicity is the key to the application process. "All a teacher has to do is explain the proposed Bright Ideas project, tell how it will benefit students and provide a budget. That's it," said Suzanne Ward, Bright Ideas coordinator. A sample application is on the Web site as well as contact information for anyone who has questions.

North Carolina's Touchstone Energy cooperatives are in their 11th year of providing Bright Ideas grants in support of the state's teachers. During the upcoming school year, the Bright Ideas program is expected to surpass the \$4 million mark in awards. Bright Ideas has funded more than 2,300 projects, which have involved more than 600,000 North Carolina students.



*Wake Electric and Touchstone Energy helped sponsor Dia de los Libros at Wake East Regional library this spring. Noted author Pat Mora read to children in both English and Spanish. Wake EMC distributed safety information. Touchstone Energy cooperatives participated in other bilingual library events in Durham, Siler City and Asheboro this spring, organized by El Pueblo, the North Carolina-based advocacy and policy organization for the Latino community.*

Mefti Vernon



# Youth Tour to Washington encourages some students to pursue careers in the nation's capital

When 17-year-old Annie Donaldson stood among throngs of tourists on the steps of the Lincoln Memorial one hot June day in 1999 and peered through the lens of her disposable Kodak to snap a picture of Lincoln's larger-than-life likeness, she never imagined she'd be back to visit Washington, D.C.—much less live there—any time soon. But she did come back in 2003 through an internship with the Southern Governor's Association and again in 2004 through an internship with the White House.

Like tens of thousands of rising high school seniors from rural areas across the country, Annie became inspired by the National Rural Electric Youth Tour—so inspired that she ended up pursuing a public service position in the nation's capital.

The brainchild of then-Texas Sen. Lyndon B. Johnson, the Youth Tour has been in existence since 1964. For several days in June, high-school seniors visit with their Congressional representatives, tour national historic sites such as George Washington's home at Mt. Vernon, and go to world-renowned museums. For many students, it is their first trip to Washington, D.C. and for some the first time on a plane.

Eighteen of North Carolina's Touchstone Energy cooperatives are sending 43 students to Washington June 12-18. They will travel by bus along with four adult advisers.

Participating electric co-ops usually pick students by holding a scholastic competition in the early part of the year. The cooperative then selects its students from those who entered the competition, and the student receives a cooperative-sponsored all-expense paid trip to Washington along with other students from their state and across the nation.

Blue Grass Energy in Nicholasville, Ky., sponsored Annie on the tour in 1999. She graduated from Model Lab High School in Richmond, Ky., in 2000.

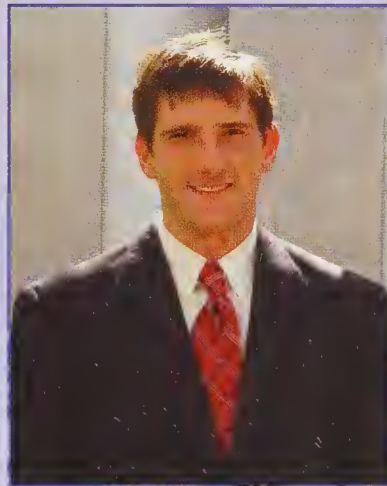
"I was always interested in politics," said Annie, "but at the time I wanted to study medicine. Something happened when I met with our Congressman, though; I realized that what goes on here [in D.C.] really has an impact. I think that experience contributed to me wanting to go into political philosophy or public policy as a job and not just study it in college."

Currently a student at the University of Alabama doing a Washington, D.C.-based internship, Annie works in the First Lady's Projects and Policy office.

Mark Renaud is also an alumnus of Youth Tour and was sponsored on the tour in 1989 by Southeast Missouri Electric Cooperative in Sikeston, Mo. After high school, Mark earned a Bachelor of Arts in economics from Yale University and a law degree from the University of Virginia. Between college and law school,



**Mark Renaud of Missouri works as a Washington attorney specializing in election law.**



**Brooks Landgraf of Texas is press secretary for Texas Congressman Joe Barton.**



**Annie Donaldson of Kentucky works for the staff of First Lady Laura Bush.**

Mark worked at an economic consulting firm in Washington, D.C. He is currently employed by Wiley Rein & Fielding LLP, a general practice law firm in Washington where he specializes in election law and counsels clients on federal and state regulations pertaining to political contributions and political and lobbying activities.

"Youth Tour was a chance for me to interact with people very similar to myself," Mark said. "I met people from rural areas across the country, and they were also interested in politics." He says the experience really broadened his views of what public service could involve because the tour covered so many different topics, such as government service, trade association activities and politics.

Growing up on a farm in southeast Missouri, Mark counsels current high school students to really examine their career options. "If young people living in a rural area have a connection to agriculture, they shouldn't belittle this option as a career, but rather explore all of their options. There's a lot to be said for staying on that path."

Just embarking on his career path is Brooks Landgraf, another Youth Tour alumnus living in Washington, D.C. Hailing from Odessa, Texas, Brooks is a 1999 graduate of Permian High School. Rio Grande Electric Co-op sponsored Brooks on the tour in 1998. He then attended Texas A & M University and graduated in 2003 with a degree in political science.

Newly promoted from staff assistant to press secretary for Rep. Joe Barton (R.-Tex.), Brooks says, "The Tour prompted me to do something beyond just learning about government and public service on my trip. It gave me first-hand knowledge at a relatively young age of what it takes to influence government and what can come from that activism. The tour really broadened my horizons."

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# “He took us TO THE VERY from the very BOTTOM”

JIM SHERFEY CAPS A 47-YEAR CAREER WITH 9 YEARS AS THE  
“TEMPORARY” MANAGER OF CAPE HATTERAS ELECTRIC

by Michael E.C. Gery

When Cape Hatteras Electric began looking for a new manager in 1994, “we were at the very bottom,” remembers W. Dale Burrus, who was then and still is a board member. For one thing, the Outer Banks cooperative was on record as having more power outages than any co-op in the U.S. except one. Burrus and other directors sought help from Bob Kabat at the National Association of Rural Electric Cooperatives, who told Burrus, “You may be the luckiest man on the face of this earth right now.” He meant that James D. Sherfey was available to take a temporary manager’s job.

Early in the morning on Jan. 16, 1995, his first day as the new manager of Cape Hatteras Electric, Jim Sherfey awoke in his Buxton motel room and found there was no electrical power. He went down to the co-op office and found there was no back-up generator to get the phone system or anything else up and running. People told him, “That’s just the way it is here.” He knew he had his work cut out for him. He also knew that he had committed himself to the manager’s job for only three to six months.

But nine years later — after at least six mandatory evacuations of Hatteras Island and even more major storms — Jim Sherfey was still on the job. “I’ve worked here nine years as a temporary manager,” he said a few weeks before his early June retirement date. “I told the board when they hired me that I would get out whenever they decided they need a permanent manager.”

Dale Burrus and the rest of the board hoped that Sherfey would not leave. “This co-op has gone from the very bottom to the very top,” Burrus said, “and it’s all because of Jim Sherfey.”

During Sherfey’s tenure, CHEC has rebuilt all its substations (the final is scheduled for this year), all its major feeder lines, transmission lines and sub-transmission lines. In the 50 years prior, the co-op had invested about \$13 million in its facilities. During Sherfey’s nine years, the investment neared \$33 million. Also during his time, the 6,600 members saw their rates decline twice, with only one slight upward adjustment. And in recent years, except for when big storms hit, the island experienced no outage that anyone can remember.

## 47 YEARS IN THE BUSINESS

Jim Sherfey left that kind of record his entire career. After military service, he graduated from the University of Kentucky and went to work in 1957 for the electric co-op in the Glasgow, Kentucky, region where he grew up, halfway between Louisville and Nashville, Tenn. He taught farmers how to employ electrical equipment in their operations. Three years later he became the first manager of the electric utility for the city of Glasgow that the voters had just voted to buy. Soon, Glasgow’s rates dropped 60 percent. Seven years later he headed the Bristol municipal utility serving the fast-growing northeast Tennessee region. From 1977 to

1994, he was CEO of what became the nation’s largest electric co-op, Lee County Electric in southwest Florida.

Why did he leave one of the largest co-ops to head one of the smallest and most troubled?

“There was a tremendous need here, and I felt I could help,” he said in his quiet, kindly manner.

Cape Hatteras Electric was beginning to rebuild its system at the time, but had fallen victim to what turned out to be an unscrupulous consulting firm. Dale Burrus remembers that Sherfey’s experience and his “straight-shooter, no-bull style turned this co-op around.”

Jim Sherfey sees considerable challenges ahead for Cape Hatteras Electric, especially the expense expected with the replacement of the Bonner Bridge, the sole ground transportation lifeline to the island, which carries the co-op’s transmission line across Oregon Inlet. And he has confidence in the man the board chose as his successor, James B. Kinghorn, who knows co-op management and eastern North Carolina (see page 8).

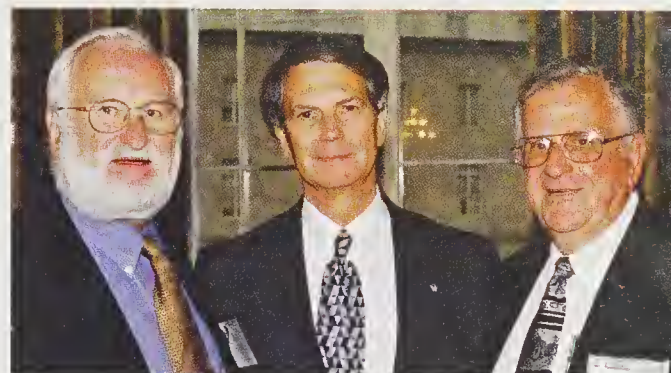
Even though in his career he’s seen unsuccessful attempts to topple cooperative utilities, Sherfey believes cooperatives have a bright future in the utility business. “Consumer-owned utilities continue to have good service records and very strong support from the people they serve. The structure works.”

He is concerned, however, about the nation’s transmission system. “We’re all in trouble there,” he said. Not only is there scant investment incentive to build transmission structures, he said, “but even though you can find places to build power plants to meet the needs we have, trying to put transmission in to the growing areas that need it is not easy at all.”

So will we see Jim Sherfey surface somewhere to fix the nation’s transmission grid like he fixed Cape Hatteras Electric? He won’t say.

First, he and his wife, Nancy, will take their beloved RV out West to see their daughter’s family, then into northwest Canada and Alaska. After that they’ll return to their place in Tampa, where another daughter and her family live.

Jim Sherfey will leave Cape Hatteras Electric in much better shape than when he found it. For example, after Hurricane Isabel brought down the entire system last fall, the co-op and those who helped had it powered up again four days later. Ten years ago, it would have taken a few months.



*Always following political issues affecting cooperatives, Jim Sherfey (left) visited U.S. Rep. Walter B. Jones Jr. (center) in Washington last spring along with Cape Hatteras board chairman Walt Fulcher.*



# WE'LL GIVE YOU FOUR YEARS OF COLLEGE IF YOU TEACH FOR FOUR YEARS

By Suzanne Shoaf Ward

As North Carolina's high schools award diplomas this spring, about 400 of the graduates already have committed themselves to teach in the state's public schools. To show its determination to attract dedicated school teachers, the state has awarded these 400 graduates a full, four-year college scholarship in exchange for their return to teach in the state's schools after they finish college. No other state in the U.S. gives such a generous scholarship: four years of college for four years of teaching.

Since the inception of the North Carolina Teaching Fellows program in 1986, more than 6,795 teachers have benefited from its scholarship. No wonder the reputation of our state's public education system has improved lately.

The Teaching Fellows program awards graduating high school seniors full scholarships (a \$6,500 annual value today) to one of 14 North Carolina colleges or universities. Scholarship recipients agree to teach in a North Carolina public school or U.S. government school for at least four years. The participants have up to seven years to complete the commitment.

George Risinger, principal of Heritage Elementary School in Wake Forest, says that the program has many benefits. "It identifies people interested in becoming educators," he says, "as well as recruits potential teachers at an early age that already show a high commitment level to the profession."

Take Ashley Jones, for example.

A sixth grade teacher at Bath Elementary in Bath, Ashley Jones is one of those energetic teachers who just finished the Teaching Fellows program at East Carolina University. Not even a year into what she hopes will be a long career in education, her students already had published a Web page for the class and parents, and had turned their classroom into a full-fledged jungle in order to study rain forests. Last December, a New York Times reporter visited Bath Elementary to do a story on the North Carolina Teaching Fellows program, and Ashley Jones was the featured teacher.

"For anyone considering education," Ms. Jones says, "The Teaching Fellows program is a golden opportunity. There is no better way to prepare yourself for the teaching profession."

Teaching Fellow alums so far have infiltrated schools across the state, in 99 of the state's 100 counties, to deliver their creativity, innovation and passion for teaching.

*The North Carolina Teaching Fellows program — the first in the nation — has awarded nearly 6,800 full college scholarships*

## A rigorous program

To be eligible for the scholarship, students must be legal residents of North Carolina and citizens of the United States. Students interested in applying for next year's program should be high school seniors and

high-qualifying juniors who expect to be accepted into college. The application process is a collaborative program at the local school district and regional levels. Students take written tests, submit essays and are interviewed. Selection committees include more than 1,200 education, political, business and community volunteers from across the state.

Principal Risinger in Wake Forest points out that this is a serious process. "This program sends a strong message that the education profession is recruiting individuals with a superior academic record and skills the same way businesses are recruiting students," he says.

Once the program selects scholarship recipients, the real preparation begins. In fact, the Teaching Fellows program emphasizes the preparation. Fellows are required to meet outstanding practicing teachers from across the state, to work in local schools and to participate in mandatory summer enhancement programs.

The enhancement programs are designed to give Teaching Fellows insights into the challenges facing them when they enter the classroom. For example, all Teaching Fellows go on a "Discovery Trip" after their freshmen year of college. It's a seven-day bus trip during which they visit various school environments statewide and get a firsthand look at North Carolina's economy, educational settings and culture. They see every possible aspect of the state, including industry, farms, high-tech businesses, corporations, schools and the arts. The idea is to give the students an idea of where they would like to teach.

Teaching Fellows begin shadowing and working in schools during their first year of college. Most education majors have to wait until their junior year to gain such experiences.

Jenny Lytton, a Teaching Fellow alum and first-year teacher at Pisgah High School in Canton, says she had a head start in her profession: "The supplementary activities and programs gave me insight into areas of the teaching profession that I normally would not have been able to discover."

Other supplementary activities the Fellows experience include working as tutors, performing service work, planning



Teaching Fellow recruitment initiatives on their campus and attending social and cultural diversity training. Fellows also spend one week in a school system in their senior year of college so they can see how a school and its staff operate.

The Teaching Fellows program is not aimed only at urban teachers. Teaching Fellows today teach in 99 of the state's 100 counties. Cameron Hill, who was an East Carolina University Teaching Fellow this year, plans to teach in eastern North Carolina. "The schools I grew up going to were all rural North Carolina schools," she says. "I hope to be able to teach at one of these schools in order to give back to the community that made me the person I am today."

*The Teaching Fellows program is a golden opportunity. There is no better way to prepare yourself for the teaching profession.*

—Ashley Jones  
Bath Elementary School

### A two-way investment

The financial incentive alone is pretty strong, even for those not interested in teaching. Ron Clark, the 2001 Disney Teacher of the Year and best-selling author, received a Teaching Fellows scholarship from East Carolina University at a time when he had no intentions of teaching. He readily admits today that he pursued education because of the opportunity that his scholarship gave him. But it seems that the strength of the program gives people like Ron Clark the "teaching bug" to become lifelong teachers.

Amy Kennedy, a UNC-Charlotte Teaching Fellow alum, says she needed the program's financial help when she set out for college. "The further I delved into the process and the program," she says, "the more I learned about the opportunities such as

gaining classroom experience, networking and traveling. After being in the Teaching Fellows Program, I knew there was no other profession that would be as rewarding and uplifting."

Providing hundreds of four-year scholarships each year to some of the most reputable North Carolina universities and colleges demonstrates the state's commitment to education. As George Risinger puts it, "The education profession is saying that we are looking for good people and are willing to reward good people."

Not all participants in the program complete their commitment to teach. Since 1987, there have been 655 "terminated graduates," or students who did not complete the program, did not graduate or did not fulfill the four-year teaching commitment. Of those 655 students, 47 percent did not teach at all, 17 percent left the teaching profession after one year, 19 percent left after two years, and 16 percent left after three years. When a teaching fellow does not fulfill the commitment, the student must repay the pro-rated scholarship money to the state with 10 percent interest. It is a commitment not to be taken lightly.

Adrian Jerome Grady, an ECU Teaching Fellow, says the program required considerable effort, "but the end results are worth it." He is proud to add the accomplishment to his resume, which really means something to a principal who is hiring teachers.

"Someone who has 'Teaching Fellows recipient' on their resume signifies to me that this person committed to teach at an early age," says elementary school principal Risinger. "It shows they have a high commitment level to the profession. It also shows me that this person is an excellent student and very intelligent. Being a Teaching Fellow also shows me as a principal that your motivation level is high."

Suzanne Shoaf Ward, a community relations specialist with the North Carolina Electric Membership Corporation, coordinates the statewide Bright Ideas grant program for teachers.



Bath Elementary School teacher Ashley Jones was featured in a New York Times article about the N.C. Teaching Fellows program.

### For more information

Visit the Web site [www.teachingfellows.com](http://www.teachingfellows.com).

Colleges and universities participating in the North Carolina Teaching Fellows programs are as follows:

*Appalachian State University  
UNC-Asheville  
NC A&T State University  
NC Central University  
UNC-Chapel Hill  
UNC-Charlotte  
East Carolina University  
Elon College  
UNC-Greensboro  
Meredith College  
UNC-Pembroke  
NC State University  
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# "It's not exactly a walk in the park"

The life of a teenager today as told by those living it and those remembering it

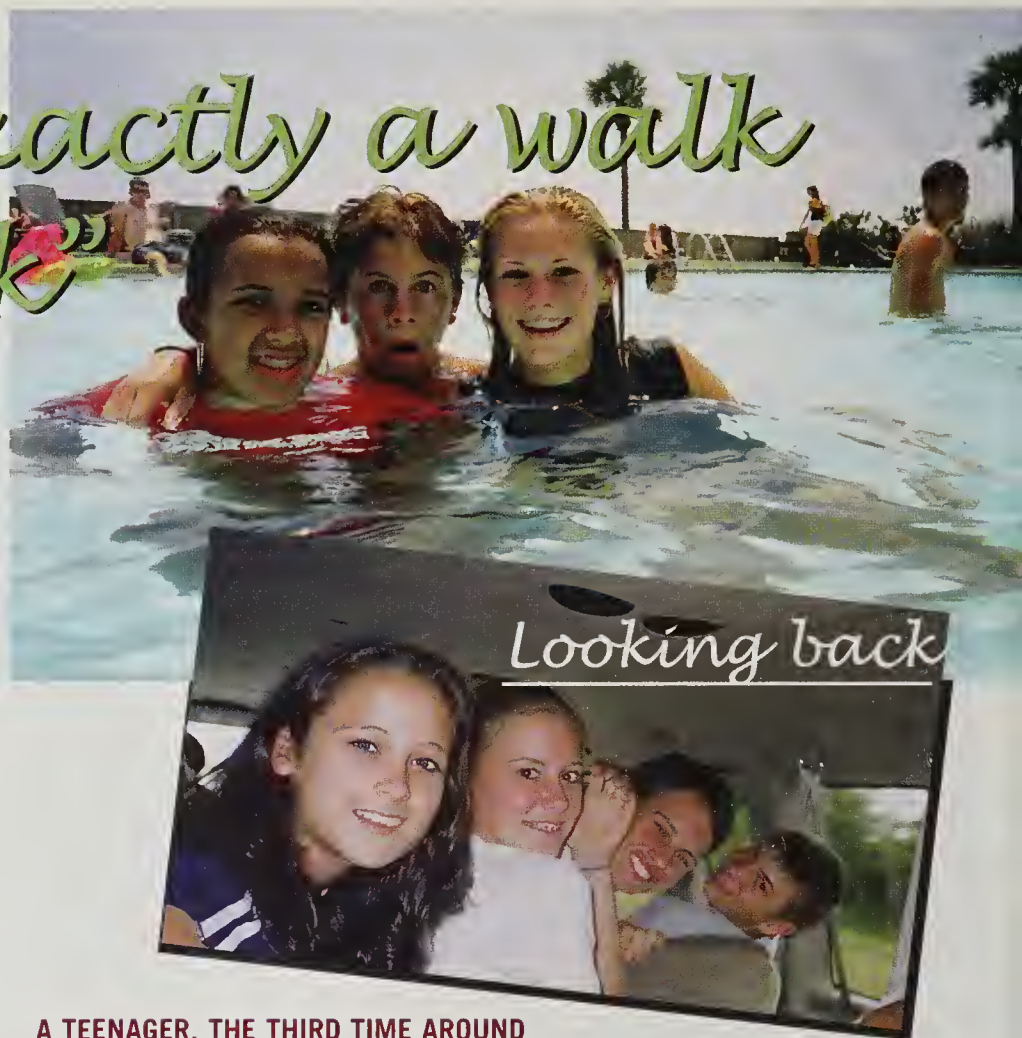
**T**hanks to everyone who sent us thoughts on being a teenager today. We heard from quite a few teenagers who can write very well and thoughtfully. There's not enough space to publish all that the judges selected. Look for more on our Web site: [www.carolinacountry.com](http://www.carolinacountry.com)

I myself was a teenager not long ago. I felt similar to how many teenagers feel today: introspective and worried, but hopeful and adventurous. I complained that too much school work impeded my progress at sports and romance. And in spite of all the chores at home—I kept the animals fed, the grounds mowed and raked, the barn swept, the mudroom orderly, the younger children in line, you name it—I still strayed into trouble from time to time. And I began wondering who I am and where I fit, which I've since learned takes a lot of practice. We all get good at it sooner or later.

We look forward to more of your submissions to our "Nothing Could Be Finer" series. See page 18.

— *Michael E.C. Gery, editor*

Photos by Taylor Salstrand, Raleigh.



## A TEENAGER, THE THIRD TIME AROUND

I'm 62 years old, so I figure I've been a 17-year-old three and a half times over.

As a first-time teenager, I worried about geometry tests, boys and whether my fingernail polish matched my skirt. Now, I ponder important stuff like gasoline prices, fat grams and whether I turned off the iron.

I used to measure success by the number of my friends, but now I know that one close friend is better than money and fame. For teenagers, hurting means being jilted or brokenhearted by an unkind remark. Today, if you ask me what hurts, the answer is usually "everything," but now I know that hearts heal and unkind words are usually regretted.

Like most teens, I had a lean, strong and supple body, which isn't true today, but at the same time, I am more comfortable in my own skin. And although I once had a teenager's perfect eyesight instead of bifocals, my third turn at being a teenager has given me clearer vision of the world.

It was great fun to be a teenager during the 1950s, when the term "teenager" was first coined. But I like being an experienced teen even better.

*Barbara Pilcher  
Arapahoe  
Tideland EMC*

## A FINE LESSON

A few months ago, my 17-year-old niece, Katie, got a speeding ticket. She asked her mom for \$85 to pay her fine and court costs. Her mom, a single parent, reluctantly went for her purse, but I stopped her from getting her checkbook.

I told them about the first time my dad made me go to court to learn how the judicial system works. I also volunteered to take Katie to court. Well, the horrified look on Katie's face said it all. Katie went on the offensive, using the old "but I'll miss school if I go to court" routine.

"This will be educational," I told her, "and you'll be the talk of the school."



Katie wanted to know what she had to wear to court. I told her to wear her Sunday best.

Court day arrived, and we left her house at 7:30 to be early for a 9 a.m. court date. I could see Katie was beginning to fret. We got two front row seats in the courtroom and sure enough, all types of offenders arrived. Katie asked me to rehearse what she was to tell the assistant district attorney and asked for what seemed like the 1000th time, "How do I look?"

When the ADA showed up, she announced where each type of offender should line up. I shoved Katie to the "guilty with no attorney" line. Poor Katie looked closer to 12 than 17. When it got to be our turn, Katie launched into her script. The ADA knew exactly what our mission was and listened to Katie mumble through her story and confession. The attorney asked Katie if she accepted a reduced fine to pleading to a lesser offense, and with a meek "yes" reply, we were off to the clerk's office to pay the fine.

As we left the courthouse, Katie asked, "Is that it?"

All I could say was, "Yep."

She said that she couldn't wait for all her school friends to ask her about court. And I got my reward: a warm hug and a thanks.

*Peter G. Ellis Jr.  
Emerald Isle  
Carteret-Craven Electric Cooperative*

## OUT OF TROUBLE

A teenager today is quite different from the teenager I was back in the 1940s. I grew up on a tobacco farm and worked in tobacco during the summer. Besides working in our own tobacco, I helped our neighbors. With the money I made from the neighbors, I bought my school clothes and my schoolbooks.

If teenagers today work at all, they spend their money for things they don't really need. They have too much, and they don't appreciate what they have.

Teenagers today are smarter than I was. They learn so much from TV and the computer, but some of the things they learn are not

good. I think so much violence among teenagers comes from TV and the computer. I'm not saying all teenagers today are bad, but too many of them are.

When I was a teenager, my parents kept us so busy, we didn't have time to get in trouble.

*Gladys Pegram  
Littleton  
Halifax EMC*

## TOTALLY CONFUSING

For me, the teenage years were very confusing to say the least. It was almost like I woke up one morning to find that boys, who had once been nothing more than good friends, now seemed to give me butterflies when they were around. Girlfriends who had once only talked about toys and Disney movies now talked about what boys were the cutest, how to style your hair, wear your clothes, paint your fingernails or what shade of lip gloss was totally hip for the season.

My friends and I were practically joined at the hip. We would stay with each other every night and sit outside at the patio table talking, singing our favorite songs and laughing about whatever happened during the day.

I spent most of my teenage years trying to figure out who I was, thinking I knew one day, only to find myself completely different three months later.

I look back and still get that indescribable feeling of being care-free, vibrant and so ready to be grown to see what life had in store for me. It's nice to reminisce about it, but I am glad you only go through the teenage part of life once.

*Angela Cox, 21  
Parkton  
Lumbee River EMC*



## Looking Forward

### TRYING TO FIT IN TO EVERYTHING

Being a teenager today is all about trying to make yourself as perfect as possible. I'm 14 years old and you can take my word for it. The tight jeans, short skirts and high-heeled shoes we wear are *not* comfortable. We wake up every morning wondering what to wear just to be picked on at school.

And then there's this: If you didn't fit in when you were younger, you never will. Because by high school, everyone has spilt up into groups and won't dare let anyone else in.

As for the boys, their problems now are the same as they used to be. They always think about one simple thing: girls. Teenage boys will always walk up to a girl and ask her on a date usually just to be turned down.

There is one problem that affects both teenage girls and boys: peer pressure. Every teenager has friends, and some friends will push you into doing something wrong. The biggest problem is smoking and drinking. I think the world for teens has taken a turn for the worse.

*Holly Hopkins  
Rocky Mount  
Edgecombe-Martin County EMC*

### HIGH STRESS AND HIGH

Beep! Beep! Beep! Your alarm clock goes off at 5 a.m., and you're lying there in bed catching a few more minutes of sleep after going to bed near midnight trying to study for that chemistry test you have the next day.

We teenagers go through a lot. We take on too much, and we end up feeling burnt out. So by the weekend, all we want to do is sleep and relax. I'm 16 years old and going to high school.

*continued on p. 18*



High school is hard enough as it is. I stay in school for seven hours then come home and do another two to three hours of homework.

I have other things besides school to juggle. For example, I play sports for my church basketball team and softball team. I also need my own personal time to myself or with friends just to relax from a stressful day at school. Other things that I'm going through are relationships and friendships. Just the other week, my friend and I got in a huge argument over something so dumb. And I know it's dumb, because I can't even remember what it was about. High school is full of drama. Especially when I'm dating someone; it seems as if everyone else is in the relationship, too.

Not a lot of adults give us credit, considering all the stressful situations we get put in and all the drama that goes on at school and with friends. I think I've been handling it well, given the circumstances.

*Lindsay Worden  
Charlotte*

#### TRYING TO DIG OUT

I am a 14-year-old boy who just started high school a couple of months ago. So far I am slowly struggling and trying to come out of the hole I dug myself into.

I am supposed to be in the early stages of growing up, but still I want to go out with my friends and play like I am a 6- or 7-year-old. I am the older of two brothers. They say when you are young you can't wait til you grow up, and when you are older you wish you were younger. Right now I am at that point in life to where I don't know if I want to grow up or stay young.

*Justin Pawlowski  
Lehigh Acres, Fla.  
EnergyUnited*

#### IT'S NOT EXACTLY A WALK IN THE PARK

Being a teenager is one of the most dramatized and fun chapters in a person's life. It is a fun time and a time to really get to know who your true friends are. It's not always about fun and games though. We have to take on a lot of

responsibility when becoming a teenager and do more things for ourselves. I know as a teen that I have to balance my time for talking to my friends and doing my schoolwork. School gets tough as one gets older. I have been stressed out before from it, and frustration can begin to build.

I also know teenagers are judged by the way they act and dress. Popularity plays a big role. These are some things that most teenagers and I go through in everyday life. It is not always a walk in the park. You have to earn other people's respect and show them that you are mature and responsible.

Nonetheless, being a teenager is really cool, and it is a time when a person has more choices and responsibilities in their lives to make it fun and interesting.

*Ryan Craven  
Charlotte  
Union Power Cooperative*

#### WE'RE NOT ALL BAD

They call it a "lockdown" at my school, and it consists of being locked in your classroom, waiting on the police to check your lockers and bags. When it's all over, they bring K-9s in your room and check for drugs or whatever they're looking for. This is all because some untrusting adult thinks they saw "weed" or something like it in one of my classmates' back packs.

We are teenagers, yes, but we're not convicts. Not all of us do bad things. Some of us are nice, respectable kids who have manners and do good things. A lot of people look down on us and don't trust us, but if they'd just give us a chance, they'd see that we're just as capable as any grown-up would be.

I'm almost 18 years old, and getting a job has been such a pain in the neck. They either don't like that I'm a teenager, or they don't like the teenager attitude that we're all expected to have. I have my days, but all in all, I act pretty decent.

I love being a teenager, but sometimes I wish some of them would just grow up.

*Kim Wilson  
Clayton, Ga.  
Haywood EMC*

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1. Approximately 200 words or less. We retain reprint rights.
2. Only one entry per household per month.
3. Photos are welcome. Digital photos must be 300 dpi and actual size.
4. E-mail or typed, if possible. Otherwise, make it legible.
5. Include your name, electric co-op, mailing address and phone number.
6. If you want your entry returned, please include a self-addressed, stamped envelope. (We will not return others.)
7. We pay \$50 for each submission published.
8. We will post on our Web site more entries than we publish, but can't pay for those submissions. (Let us know if you don't agree to this.)
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## We found our best watch in a history book

In 1922, a small watchmaker in Switzerland patented the first automatic watch to display the day, month and date. Only 7 of these magnificent timepieces were ever made and this watch was almost lost to history. Today, they are so rare that one original chronograph watch would probably fetch more than \$300,000 at auction.

These watches were among the most stylish of the roaring 20's. And yet no one has attempted to remake this 1922 classic until now. The Stauer watch design that you see here has been painstakingly recreated from the original functions to please even the most discerning owner. The owner of this classic chronograph watch is sure to look distinguished and set apart from the crowd. From the sweeping second hand to the Roman numerals on the unique ivory-colored

face, every detail has been carefully reproduced. This Stauer reissue is a limited series, allowing you to wear a watch far more exclusive than many Rolex, Movado, TAG Heuer or Breitling watches.

The watch has a 21-jewel mechanical movement, the kind desired by fine watch collectors. We have updated this movement with kinetic power thus the watch never needs to be manually wound. The watch comes in a beautiful case and comes with both interchangeable black and brown leather bands.

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# Dream Come True

By Elizabeth Loftin

*Shackleford Island pony photographer helps her childhood friend battle cancer*

I was eight years old the first time I met Carol in the '60s. She was a tall, beautiful girl with dark hair and blue eyes, leading a snow white mare named Shady Lady. I kept watching Shady grow and grow until one day I announced to Carol, "Shady Lady is going to have a baby."

"Awh," said Carol. "Shady's not going to have a baby; she's just bigger than your pony."

"Nope, she's gonna have a foal," I repeated. Carol just grinned.

A few months passed and sure 'nuff, here comes Carol running up the dirt road to our house in Beaufort as fast as her long legs could carry her. She hit our back porch out of breath and exclaimed, "Shady Lady's had a baby, Shady's had a baby!"

I grinned from ear to ear and said, "I told ya so!"

That day, a dream was born in the shape of a tiny appaloosa named Surprise Package. A lot of time has passed since then. My friend Carol and I have grown up. We've had our own children and have owned many horses since Shady Lady and Surprise. But one thing that's never changed is Carol's dream of owning an appaloosa farm. A few years back, Carol and her husband

Larry (they are members of Carteret-Craven Electric Cooperative) made their wishes into realities with their "Dream Come True Appaloosa Farm."

Sounds like a fairy tale come to life, right? So why is it that sometimes, just when you get to the top, something comes along to knock you down? In May 2003, Carol began having terrible headaches. It turned out that she had a large, malignant tumor in her head. Unfortunately, even after surgery, some of the tumor remained, requiring this aggressive form of cancer to be treated with chemo and radiation.

Elizabeth Loftin is an Outer Banks native best known for her photographs of Shackleford Island's wild ponies. She has been an advocate of the ponies for years, founding Friends of the Wild Mustangs to make public the protection of the wild horses. The Shackleford Foundation eventually took on this role of overseeing the horses in conjunction with the National Park Service. View her photography (below) at [www.elizabethswildhorses.com](http://www.elizabethswildhorses.com).



Purchase a "Shady's Surprise" print to help Carol Garner battle cancer.

With hardships facing the couple, there has been talk of selling the farm, and even the horses. But I'm not convinced that selling is the answer.

Going through Carol's and Larry's photo albums, I found a print of "Shady Lady and Surprise," taken the morning of Surprise's birth. The moment I saw it, the idea came to me to offer this print for sale to the public, with proceeds benefiting Larry and Carol Garner in their time of need.

Let's help Carol and Larry keep their farm! Let's help with the stress of medical bills so that she can recover and enjoy her dream come true once more.

## Purchase a print to help a "Dream Come True"

Order an 8" x 10" print for \$35 or an 11" x 14" for \$50 (see example above). Prints are signed by the photographer, Carol Garner. All proceeds go to the "Carol Garner Trust Fund." Purchase includes a thank-you note, free additional 8" x 10" print of wild Shackleford ponies, and a copy of Carol's story. Send check or money order to 2371 Lennoxville Rd., Beaufort, NC 28516. Make checks payable to "Carol Garner Trust Fund." You can also contact Larry Garner at (252) 725-2627 or Elizabeth Loftin at (252) 728-4701.



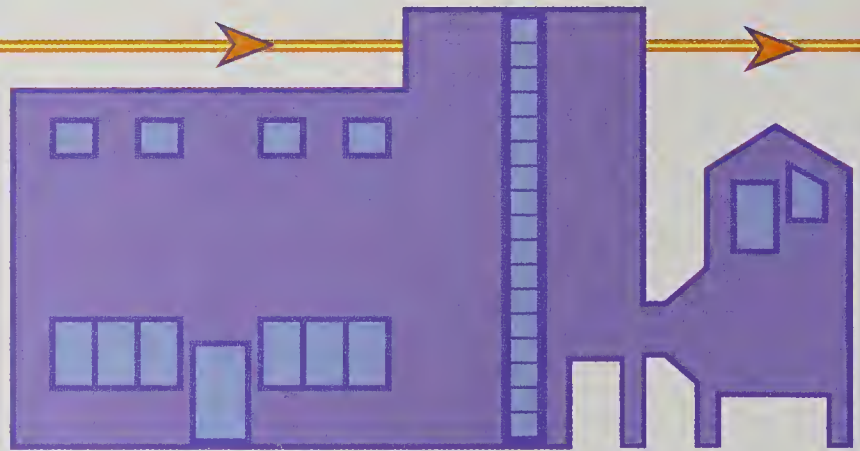
# The Path of electricity

Electricity often travels long distances before reaching your home or business. Your electric cooperative buys wholesale power produced at generating facilities and distributes it through substations and power lines to consumer-members in its system.

Illustration by Katherine Fowler

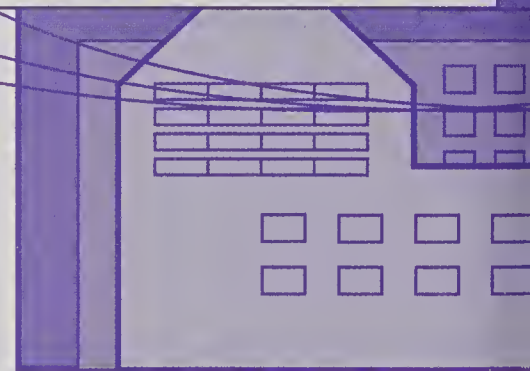
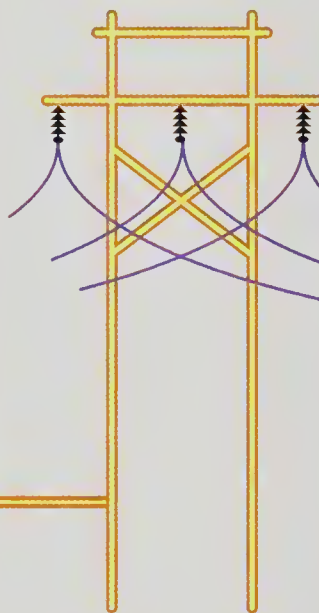
## Power Plant

Inside a generating plant, water is heated to steam by nuclear reaction or fuels such as natural gas, oil and coal. Steam turns turbines and magnets to produce electric energy. Water at hydroelectric dams also can turn turbines.



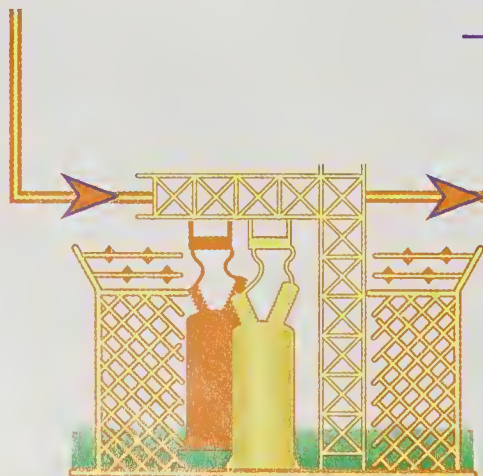
## Large Industrial User

Some large industries need high voltage power (2,300 to 4,000 volts) to run heavy machinery. They usually have a small substation outside the facility.



## Local Substation

Transformers in medium-voltage neighborhood substations reduce the voltage even more to be distributed to homes and businesses. Your electric cooperative operates several of these substations.



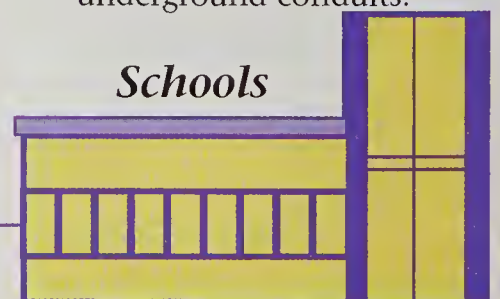
## Farms



## Distribution Lines

Your cooperative's distribution lines carry 7,200 to 13,200 volts of power. These poles may also hold telephone and cable TV lines. In some areas, distribution lines are in underground conduits.

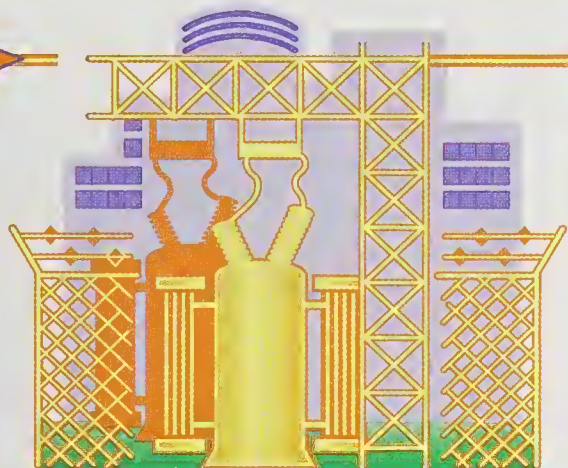
## Schools





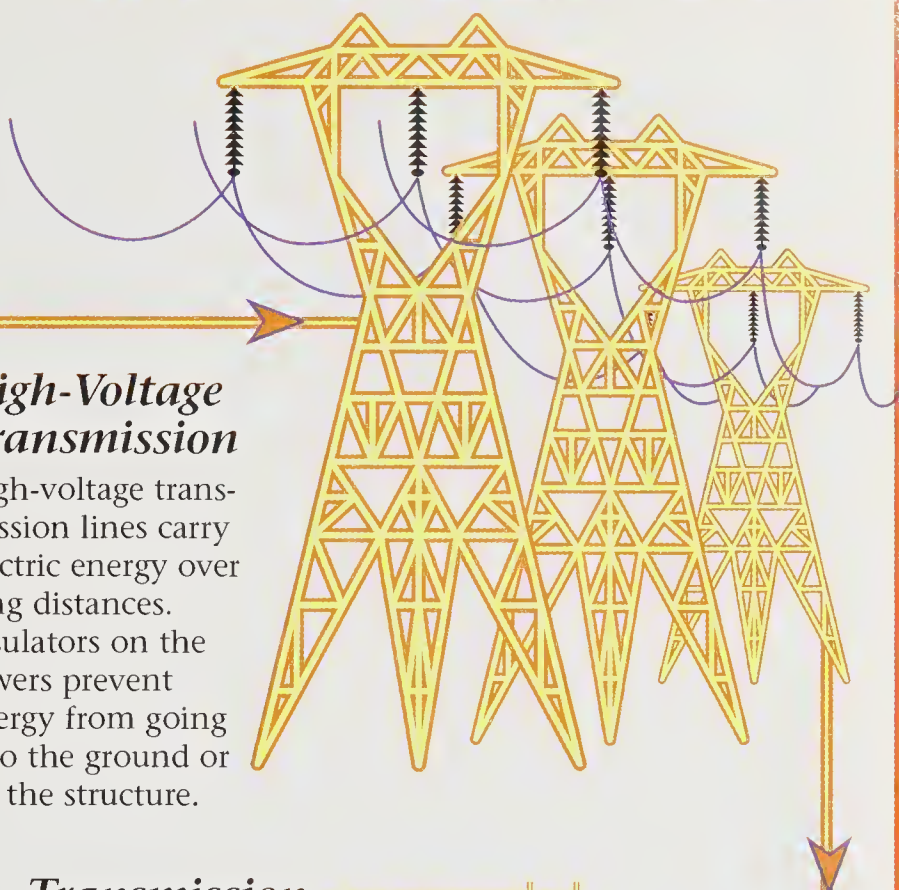
## Step-Up Substation

Substation transformers at generating plants increase electric energy's pressure (voltage) so it can move long distances over power lines that transmit up to 500,000 volts.



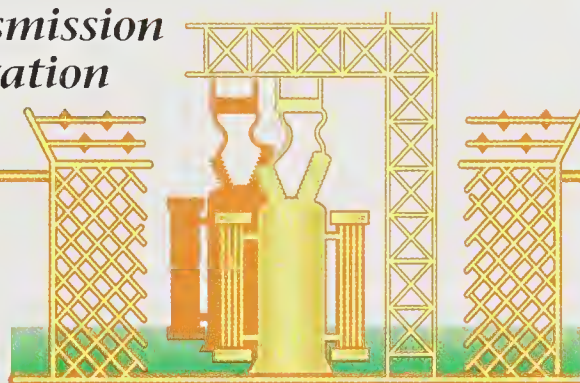
## High-Voltage Transmission

High-voltage transmission lines carry electric energy over long distances. Insulators on the towers prevent energy from going into the ground or on the structure.



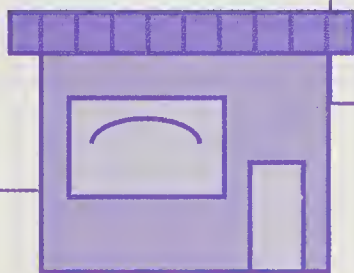
## Transmission Substation

Transformers at high-voltage substations reduce voltage to a lower level (34,500 to 115,000 volts) suitable for local use.

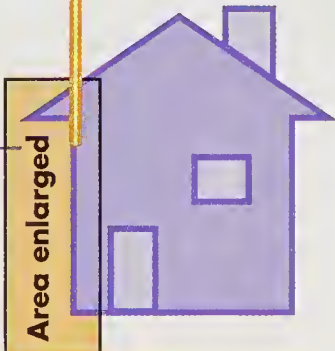


Electric power passes through transformers on poles to reduce voltage to levels for use inside farms, schools, small businesses and homes (120/240 volts).

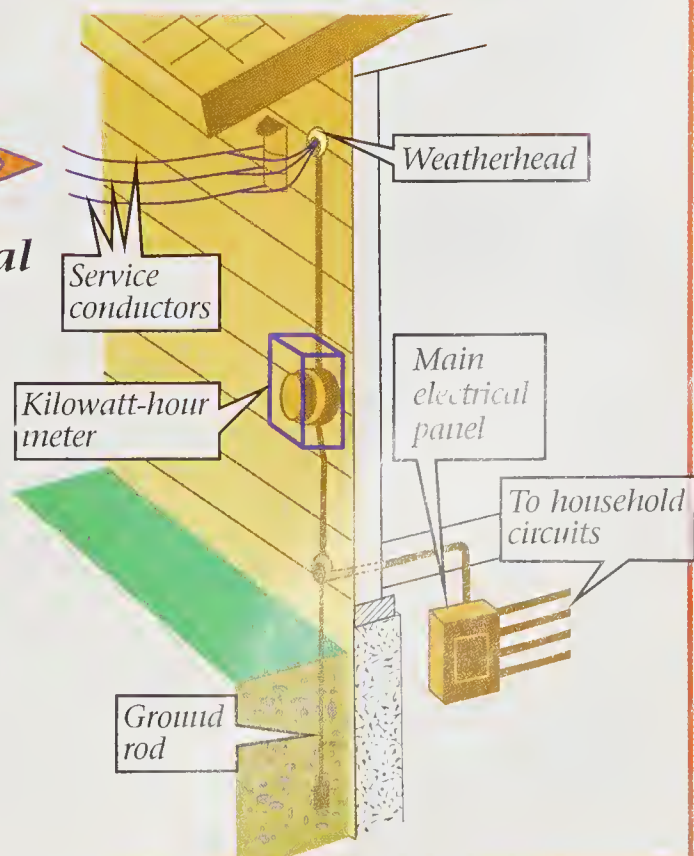
## Small Businesses



## Homes



## Residential Electrical Delivery





# Making your AC work for you

By James Dulley

**I**t is a common misconception that air conditioners actually cool the air. What an air conditioner does is just move the heat from indoors outdoors. There is more heat overall because the electricity used by the air conditioner ends up as additional heat outdoors. Your refrigerator is a good analogy to an air conditioner. The inside of the refrigerator is your house and your kitchen is the outdoors.

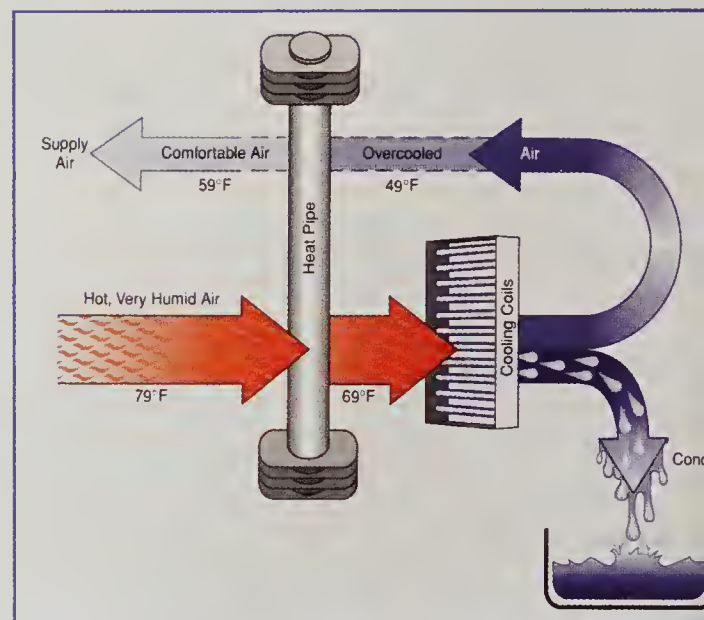
There are several devices that you can install to capture the extra heat outdoors, and use the air conditioner's waste heat to warm your hot water for free. These include desuperheaters and heat pump water heaters (HPWH). There are also devices to change the ratio of cooling/dehumidification in your central air conditioner to make it operate more efficiently, improve your comfort and reduce allergies.

Desuperheaters are devices that connect your central air conditioner hot condenser coils to the water heater tank. Instead of the condenser coils giving off the heat to the outdoor air blowing past them, they heat the water inside the water heater tank.

One common method uses a sealed coil inside the water heater through which the hot air conditioner refrigerant flows. Another design uses a separate heat exchanger to heat the water. Some simple models have the heat exchanger built into a circular base upon which your water heater rests. Built-in desuperheaters are common on geothermal heat pumps and can be used with standard heat pumps.

Add-on or integral heat pump water heaters (HPWH) are efficient devices that both heat your water and also cool and dehumidify whenever they are heating the water. This reduces the amount of time your central air conditioner has to operate, so you save electricity overall.

HPWH's operate in a similar fashion to a window air conditioner. They draw their heat for the hot water from the air in your utility room or basement. Instead of having the hot condenser coils outdoors, the HPWH has a built-in heat exchanger, which is connected to your existing water heater. When the HPWH is running, your house is being cooled and dehumidified for free. I have a small add-on model in my own basement.



How air conditioning works.

Overall, a HPWH operates two to three times more efficiently than a standard electric water heater, so your water heating costs are reduced by about half. With the added advantage of its dehumidification, you can set your thermostat higher without sacrificing comfort.

Several of the add-on HPWH's are easy to install yourself. A valve is attached to the standard drain valve near the base of your existing water heater. The HPWH can be placed on the floor or mounted on the wall. My HPWH is only 9 by 16 by 23 inches. If you want the cool, dehumidified air in another room, you can duct the output air to an adjacent room in your home.

Another add-on HPWH style is circular and designed to mount on top of your existing electric water heater. This generally requires professional installation, but it saves floor space. Complete integral HPWH models that include the entire electric water heater tank are also available if your current tank is leaking and needs replacement.

There are also some devices that are effective for improving comfort while lowering your air-conditioning bills. If you have an old heat pump and you have made your home more efficient over the years, it is probably oversized now. This results in a cool, clammy feeling inside your home because it does not run long enough to adequately dehumidify the air.

Installing a dehumidifying heat pipe can cure this problem. Using simple heat pipe technology (no moving parts and no electricity) developed by NASA, the coil supercools the return air to increase dehumidification. This heat energy is reintroduced into the air on the other end of the heat pipe. The final output air is slightly warmer, but much drier for better comfort, less mold and allergies.

New super-efficient whole-house dehumidifiers are also money-savers. They can be attached to the duct system and bring in filtered fresh outdoor air during the summer. If the air is drier, you can set the thermostat higher.

Write for (instantly download - [www.dulley.com](http://www.dulley.com)) Utility Bills Update No. 458 - buyer's guide of nine heat pump water heater, desuperheater, dehumidifying heat pipes and dehumidifier manufacturers, and cooling/comfort and water heating efficiency tips. Please include \$3.00 and a business-size SASE. Send to: James Dulley, Carolina Country, 6906 Royalgreen Dr., Cincinnati, OH 45244.

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## Hello, dollies

A sight to see, the Angela Peterson Doll and Miniature Museum in High Point is one of the South's largest doll museums. It contains miniature displays, dollhouses, costumes, related artifacts and more than 2,500 dolls, including more than 115 Shirley Temple dolls and 17 African-American dolls. There's also a 6-foot model of a mobile home in the Shadow Box Room. A special current exhibit showing Pete Ballard Hat Dolls is planned to run at least through June. The dolls chronicle 65 years of women's millinery fashion from 1858 to 1923. Mr. Ballard, who taught in North Carolina, formed the dolls from papier-mâché, tissue paper, clothesline wire, surgical gauze and other scraps. Each of the 20 dolls represents weeks of concentrated effort, some wearing actual period fabrics with semi-precious stones. The museum is open seven days a week until Nov. 1. Call (336) 885-3655 or visit <http://www.highpoint.org/attractions.html>



## Klub for kids

Parents looking for fun, educational activities this summer can sign their children up for memberships to Herr Kater Klub at the Old Salem Children's Museum in Winston-Salem. Members receive free admission to the Children's Museum, newsletters with activities and upcoming events, and a T-shirt. The Old Salem Children's Museum is an active space that teaches children ages 4 through 9 years



old about history by engaging them in hands-on activities. Children can try on 18th-century clothing, play in a child-sized replica of the 1771 Miksch House, try historic games and see occasional puppet shows. The Herr Kater Klub membership is \$15 a year. Call (919) 721-7300 or visit [www.oldsalem.org](http://www.oldsalem.org)

## Film studio tour

You can take a walk through decades of film history on a tour at EUE/Screen Gems Studios in Wilmington. Home to more than 300 film, television and commercial productions, the facility offers tours Saturdays and Sundays from Memorial Day to Labor Day. The one-hour walking tour show includes a brief video and visits to sets such as "One Tree Hill" and "Dawson's Creek." Tour guides spice it up with anecdotes and movie trivia about Wilmington-made movies. Reservations are requested for groups of six or more, and it's possible to schedule tours outside regular hours. Call (910) 343-3433 or visit [www.screengemsstudios.com](http://www.screengemsstudios.com)



## Soothing products

Herbal soaps, lotions and creams are important for natural skincare regimens and can be helpful for disorders. Anna's Arom Store sells homemade herbal soaps, lotions, aromatherapy bath salts, diffusers, candles and other natural products aimed at delighting the senses and soothing the body. The Sweet Orange Moisturizing Bath & Body oil, four ounces, sells for \$10.95. The Luscious Lemon Aromatherapy Votive Candle, two ounces, sells for \$2.29. Owner Anna Carter, who founded the original company has more than 20 years of experience with herbs. The company store in Boone is called Creation Herbal Products. Call (828) 262-0006 or visit [www.annasaromastore.com](http://www.annasaromastore.com)

## Not-quite-mountain music CD

The Feebles, a North Carolina-based quartet, combines traditional and bluegrass music with influences of rock, punk, country and folk music. Their new CD, "Blossom Rot," offers tales of unrequited love, addiction and hardships of the general-store variety using fiddle, bass, banjo and mandolin. Titles on the 11-track CD include "Blossom and Decay," "Lithium Blues," "Dire Union," and "Lost Boy." One of the chief writers is Carla Burgess, who is a Carolina Country magazine writer. Call (919) 304-3739, send a check or money order for \$10 made out to Gerald Kee to 3907 Mebane Oaks Road, Mebane, NC 27302, or visit [www.thefeebles.com](http://www.thefeebles.com) for instructions on how to order online.



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## ON THE BOOKSHELF

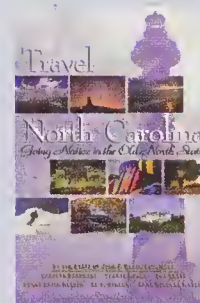
### "Pelican and Pelicant"

They may have similar names, but telling these two beach birds apart is easy: one is eager and self-confident, the other is nervous and shy. In this children's book, kids can read about dining on crab birthday cake crayfish frosting, launching the Pelican Pop-up, and developing self-esteem in the face of uncertainty and risk-taking. The whimsical picture book is written by Sarah Froeber and illustrated by Kim Mosher, both of the Outer Banks. Published by Toucan Press in Chapel Hill. Hardcover, 36 pages. \$17.99. Call (252) 995-4788 or email [toucanpress@aol.com](mailto:toucanpress@aol.com)



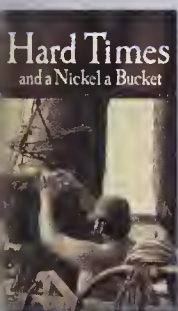
### "Travel North Carolina"

An insiders guide, this updated second edition gives readers comprehensive information about North Carolina. Organized into three sections — Mountains, Piedmont and Coast — each section offers chapters on individual cities and places to stay, along with seasonal entertainment, historic sites, unique shopping and good places to eat. The six authors of "Travel North Carolina: Going Native in the Old North State" are longtime state residents. John F. Blair, Publisher of Winston-Salem. Softcover, \$19.95. Call (800) 222-9796 or visit [www.blairpub.com](http://www.blairpub.com)



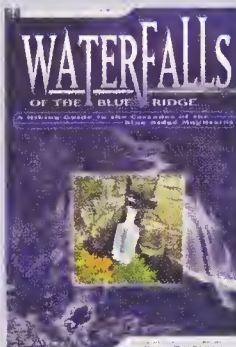
### Shrimp industry changes

"Hard Times and a Nickel A Bucket" is an historical account of North Carolina fisheries and challenges that fishermen face daily. Narrative examines how biology, technological changes and imports have fostered innovative adaptations among harvesters and marketers. Chocowinity author John R. Maiolo describes communities such as Southport, Harkers Island and Beaufort, and discusses how modern forces are reshaping their economic and cultural bases. All net sale proceeds are to go to an East Carolina University scholarship fund. Published by Chapel Hill Press. Softcover, \$12.95. Call (252) 974-813 or visit [www.chapelhillpress.com](http://www.chapelhillpress.com)



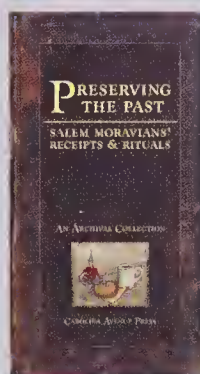
### Blue Ridge waterfalls

This revised hiker's guide leads to 100 waterfalls and includes new falls and maps. Chapters are arranged by destination cities and they detail significant public waterfalls of Virginia and North Carolina. Directions, trail difficulty, length of hike, and short area history are included. "Waterfalls of the Blue Ridge: A Hiking Guide to the Cascades of the Blue Ridge Mountains" is by Nicole Blouin, Steve Bordonaro and Marilou Wier Bordonaro. Color and black and white photographs. Published by Menasha Ridge Press in Alabama. Softcover, \$16.95. Call (800) 243-0495 or visit [www.menasharidge.com](http://www.menasharidge.com)



### Moravians' recipes

Featuring authentic 18th and 19th-century Moravian recipes, "Preserving the Past: Moravians' Receipts & Rituals" offers a glimpse into a culinary and Christian heritage. The first-ever published recipe compilation from documents within the Moravian Archives in Old Salem, the book's arrival coincides with the archives' 250th anniversary. Compiled by Moravian descendant Emily-Sarah Lineback, the book presents traditional recipes such as molasses cakes and buttermilk custard, household cleaning tips, pieces of history about Moravian customs, a glossary to translate old-fashioned terminology, conversion tables, resource list, index and a bibliography for early American housekeeping. The book is available in hardback, \$15.95, and softcover, \$10.95. Part of the proceeds from sales will go to the archives for future preservation. Published by Carolina Avenue Press in Boonville. Call (336) 244-440 or visit [www.carolinapress.com](http://www.carolinapress.com)



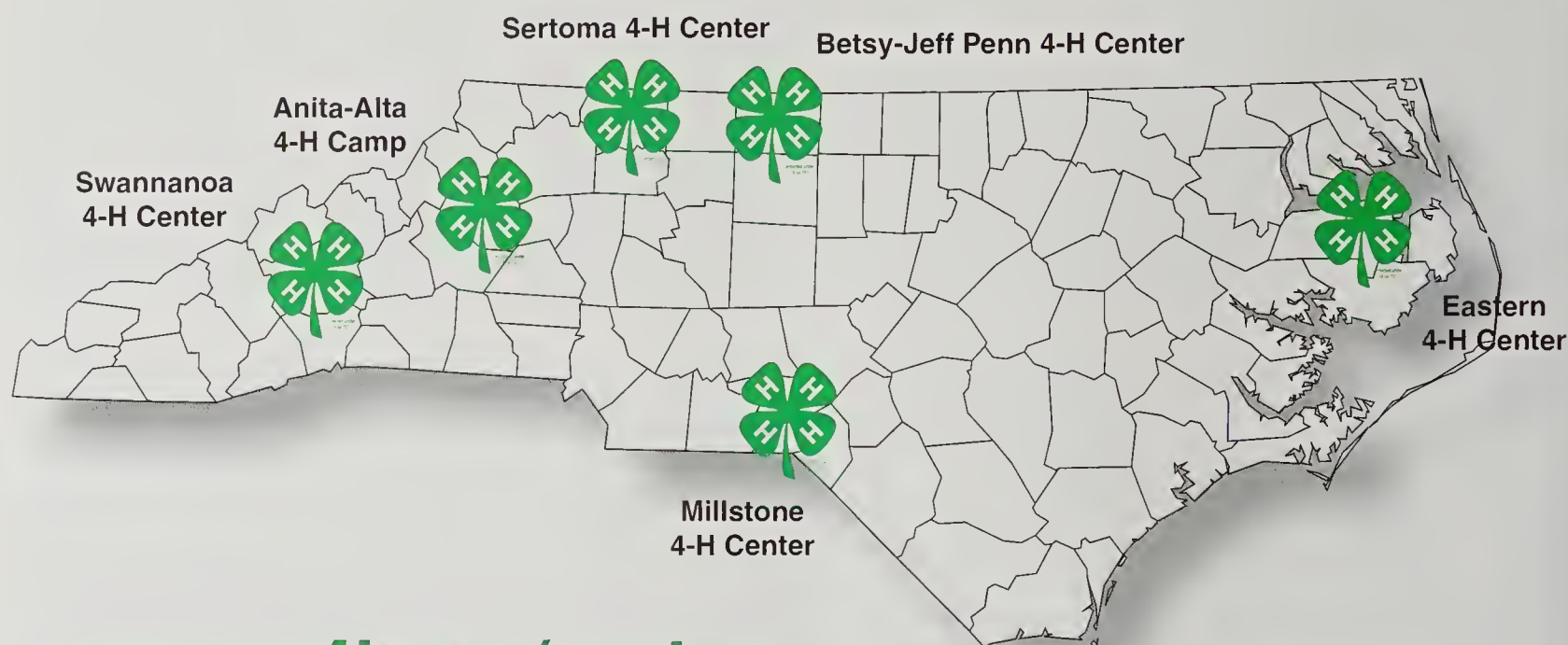
### "The Promise"

In this new novel for young adults, Raleigh author Maureen Crane Wartski tells a ghost-mystery that explores issues of loneliness, friendship and integrity. In her tale, a promise made more than 100 years ago to a slave named Caleb is broken, with terrible consequences. Moving forward to modern times, a seventh grader named Steve hears Caleb's voice during a field trip to a Mecklenburg County mine. The ghost's presence becomes stronger, and Steve makes a promise. Will he suffer the same fate as Caleb? Wartski's acclaimed novels include "A Boat to Nowhere," "The Lake Is on Fire" and "The Face in My Mirror." "The Promise" is published by Perfection Learning in Logan, Iowa. Softcover, \$5.95. Call (800) 831-4190 or visit [www.perfectionlearning.com](http://www.perfectionlearning.com)





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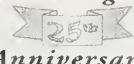
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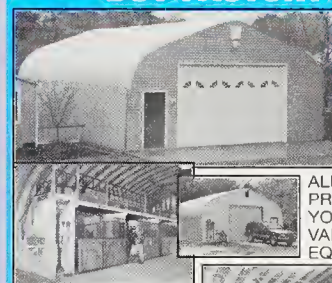
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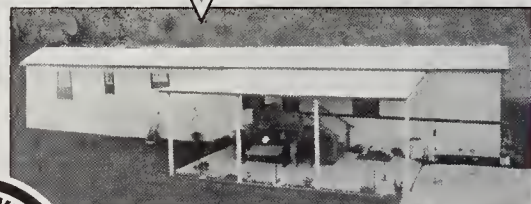
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- **F. Smalley**- "**A company that advertises the truth** saved me 50% compared to my gas heat. I found it hard to believe until my power bill came. Thanks a million!"

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**MAGIC WORDS**

Two four-letter words, A and B, combine to make an eight-letter word, AB, which means "catch up with." The two combine to make an eight-letter word, BA, which means "to assume control." What are the words?

# DOMINOES

RAEFORD is the seat of HOKE County. Letters have been substituted for digits in these multiplication problems. Given K=2 and M=4, can you find the value of RAEFORD and HOKE? Letter values are the same in both problems.

			4			
A	O	F	M	H	D	E

R	A	E	F	O	R	D

			2
A	E	E	K

H	O	K	E

# WORD -WARD-WARY-PRAY- PLAY

According to an old saying, "There is more than one way to skin a cat." Your challenge is to change SKIN to A CAT in three intermediate steps by changing one letter in each step to spell a new four letter word.

Letters can be rearranged in any step. Your answer may be different from mine. There is more than one way...

S K I N

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

A C A T

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The late Senator Sam Ervin of Morganton used to tell a story of the landlady who served a pot roast on Sunday, then served leftovers for three nights running.

It was the custom for a different boarder to ask the blessing each evening. This night a traveling evangelist was called on. Bowing his head, he muttered, "Hebrews 13:8. Amen."

"When I returned to my room I looked up the reference in the Bible by my bedside," Ervin related. It reads, "Jesus Christ the same yesterday, and today, and forever."

Answers on page 33.



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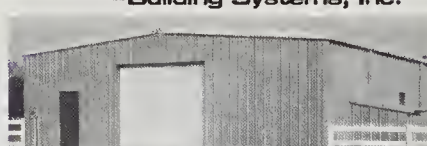
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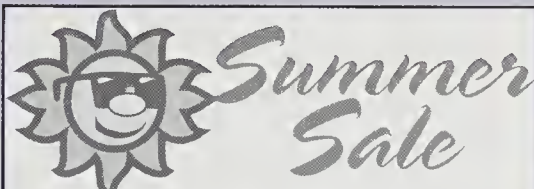
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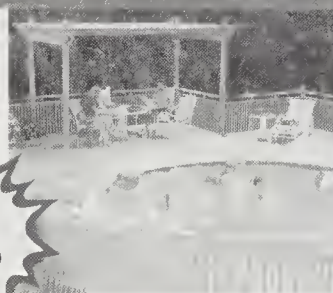
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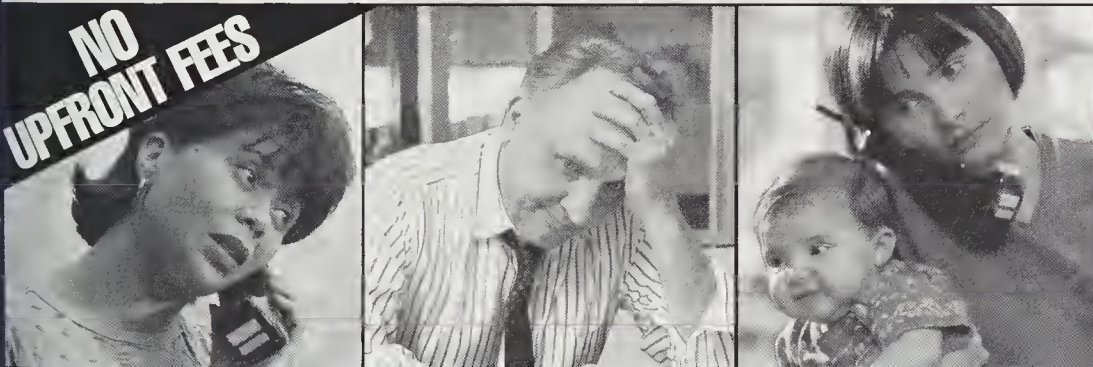
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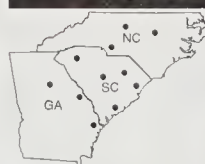
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\$100,000.00	\$752.28	15 Yr. Fixed	*4.25	4.68%
\$100,000.00	\$529.21	30 Yr. Fixed	*4.88	5.12%

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# JUNE EVENTS

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(WEST OF I-77)

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(800) 828-4244

### Sea Kayak Lake Jocassee

June 1, Rosman  
(828) 877-3106  
[www.headwatersoutfitters.com](http://www.headwatersoutfitters.com)

### Balloon Rally

June 4-6, Troutman  
(704) 873-2892

### "The Foreigner"

June 4-6, 11-13, Hayesville  
(828) 389-8632  
[www.lickdogplayers.org](http://www.lickdogplayers.org)

### Handcrafters Show

June 11-12, Brevard  
(828) 877-4152

### Blue Ridge BBQ Festival

June 11-12, Tryon  
(828) 859-7427  
[www.blueridgebbqfestival.com](http://www.blueridgebbqfestival.com)

### Art in the Park

June 12, Blowing Rock  
(828) 295-7851

### Kids Flag Day Events

June 12, Murphy  
(828) 837-2242

### Spring Studio Tour

June 12-13, Yancey & Mitchell counties  
(828) 765-0520  
[www.toeriverarts.org](http://www.toeriverarts.org)

### Ramsour's Mill Re-Enactment

June 12-13, Lincolnton  
(704) 736-8442

### Tri-State Rodeo Jr.

June 18-19, Love Valley  
(336) 789-4716

### Heritage Festival

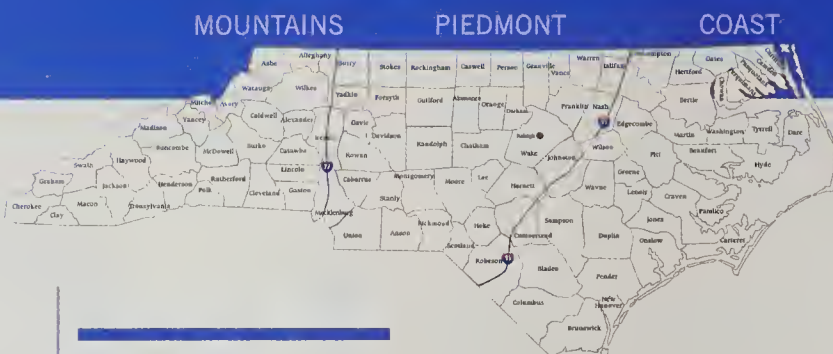
June 19, Boonville  
(336) 367-7995

### Walk To Wetlands

June 19, Pisgah Forest  
(828) 877-3130  
[www.cradleofforestry.com](http://www.cradleofforestry.com)

### Antique Show

June 19, Hendersonville  
(828) 697-2022



## PIEDMONT

(BETWEEN I-77 AND I-95)

### "Eyes of Africa" Lecture

June 2, Old Salem  
(336) 721-7360

### Farm Music & Antique Fair

June 5, Aberdeen  
(910) 944-7558

### Civil War Weekend

June 5-6, Old Salem  
(336) 721-7300  
[www.oldsalem.org](http://www.oldsalem.org)

### Occaneechi-Saponi Spring Pow-wow

June 11-12, Hillsborough  
(919) 304-3723

### Big Lick Bluegrass Fest

June 12, Oakboro  
(704) 485-4906  
[www.oakboromusichall.com](http://www.oakboromusichall.com)

### Brothers Grimm Tale

June 12, Raleigh  
Free (919) 715-0200

### Antique Gun Show

June 12-13, Raleigh  
(704) 282-1339  
[www.thecarolinatrader.com](http://www.thecarolinatrader.com)

### Raleigh Ringers Spring Concert

June 13, Raleigh  
(919) 847-7574  
[www.rr.org](http://www.rr.org)

### Hillsborough Hog Day

June 18-19, Hillsborough  
(919) 732-8156  
[www.hogdays.com](http://www.hogdays.com)

### Taylor Roberts Lake Concert

June 19, Raleigh  
(919) 662-5704

### Lumbee Homecoming

June 25-July 3, Pembroke  
(910) 522-2162  
[www.lumbee.org](http://www.lumbee.org)

## COAST

(EAST OF I-95)

### Waterfront Concerts

Fridays, Morehead City  
(252) 726-5083

### Blues & Jazz Concerts

Third Fridays Monthly, Kure Beach  
(910) 458-8434  
[www.pleasureislandchambernc.org](http://www.pleasureislandchambernc.org)

### N.C. Symphony

June 3, Manteo  
(252) 475-1500  
[www.roanokeisland.com](http://www.roanokeisland.com)

### Lost Colony Celebration

June 4, Manteo  
(866) 468-7630  
[www.thelostcolony.org](http://www.thelostcolony.org)

### Family Jazz

June 4, Wilmington  
(910) 798-7700

### Beach Music Festival

June 5, Carolina Beach  
(910) 200-3288

### Dare Day Celebration

June 5, Manteo  
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[www.roanokeisland.com](http://www.roanokeisland.com)

### Roanoke-Chowan Porkfest

June 5, Murfreesboro  
(252) 398-5922  
[www.murfreesboronc.com](http://www.murfreesboronc.com)

### Ammon Blueberry Festival

June 5, Ammon  
(910) 588-4592



Hillsborough Hog Day activities include live music, a petting zoo, rides, vintage car show, and kids hog calling contest. The event, set for June 18-19, is co-sponsored by Piedmont Electric Membership Corporation. Call (919) 732-8156 or visit [www.hogdays.com](http://www.hogdays.com)



## JUNE EVENTS



Popular entertainer Rhonda Vincent headlines the music at the Big Lick Bluegrass Festival, to be held Saturday, June 12, in Oakboro. Union Power Cooperative is co-sponsoring the event. Call (704) 485-4906 or visit [www.oakboromusichall.com](http://www.oakboromusichall.com)

**Davenport Heritage Day**

June 5, Creswell  
(252) 797-4336

**Horse Show**

June 6, Wade  
(910) 980-1418

**Live Bird Program**

June 8, Washington  
(252) 948-2000

**Joseph Dreamcoat Play**

June 9-13, Wilmington  
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[www.thalianhall.com](http://www.thalianhall.com)

**Kite Festival**

June 10-12, Kitty Hawk  
(252) 441-1719  
[www.kittyhawk.com/rogallo/](http://www.kittyhawk.com/rogallo/)

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June 12, Beaufort  
(252) 728-5991  
[www.downeastfolksarts.org](http://www.downeastfolksarts.org)

**Showtime at Winery**

June 12 & 26, Rose Hill  
(800) 774-9634  
[www.duplinwinery.com](http://www.duplinwinery.com)

**Summer Breeze Concert**

June 13, Hertford  
(252) 426-7567

**Bluegrass Festival**

June 17-19, Murfreesboro  
(252) 398-4101

**Horse Show**

June 17-19, Williamston  
(252) 792-5111

**Blessing of Fleet**

June 19, Hobucken  
(252) 745-5057

**Music & Art Festival**

June 19, Edenton  
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[www.visitedenton.com](http://www.visitedenton.com)

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**Will Henry Stevens Paintings**  
May 6-June 25, Asheville  
(800) 291-2513  
[www.bluespiral1.com](http://www.bluespiral1.com)

**"The Big Bang" Play**  
June 2-18, Flat Rock  
(828) 693-0731  
[www.flatrockplayhouse.org](http://www.flatrockplayhouse.org)

**Beauty & Beast**  
June 23-July 25, Flat Rock  
(828) 693-0731  
[www.flatrockplayhouse.org](http://www.flatrockplayhouse.org)

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May 28-Aug. 1, Raleigh  
N.C. Museum Of History  
Free (919) 715-0200  
[www.ncmuseumofhistory.org](http://www.ncmuseumofhistory.org)

**"Faces Of Our State"**  
Through June, Charlotte  
Charlotte Museum of History  
(704) 568-1774  
[www.charlottemuseum.org](http://www.charlottemuseum.org)

**West Stanly Drama: 1964-2004**  
Through July 1, Oakboro  
Oakboro Regional Museum of History  
(704) 485-3612

**Hudson School Landscapes**  
June 6-Aug. 29, Raleigh  
N.C. Museum of Art  
(919) 839-6262  
[www.ncartmuseum.org](http://www.ncartmuseum.org)

**China on Tour**

Through Aug. 1,  
RaleighExploris  
(919) 834-4040  
[www.exploris.org](http://www.exploris.org)

**"The Art of Gold"**

Through Aug. 8, Charlotte  
Mint Museum of Craft & Design  
(704) 337-2000  
[www.mintmuseum.org](http://www.mintmuseum.org)

**Soldiers: Global War on Terrorism**

Through Dec. 2004, Fayetteville  
Airborne & Special Operations Museum  
(910) 483-3003  
[www.asomf.org](http://www.asomf.org)

**COAST**

**Michael Van Hout**  
Through Aug. 15, Wilmington  
Louise Cameron Well Art Museum  
(910) 395-5999  
[www.cameronartmuseum.org](http://www.cameronartmuseum.org)

**Estuarium Featured Artist**

June 1-30, Washington  
(252) 948-0000  
[www.partnershipforthesounds.org](http://www.partnershipforthesounds.org)

**Penland Craft Show**

June 3-30, Manteo  
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[www.roanokeisland.com](http://www.roanokeisland.com)

**"Politics In Action"**

Through Nov 28, Wilmington  
Cape Fear Museum  
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# JUNE EVENTS

## LISTING INFORMATION

- Deadline for August: June 25.
- Deadline for September: July 25.



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Our Web Site

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Or submit listings by Mail, Fax or E-mail

Please include title, date(s), location, phone number and/or Web site url. Photos (300 dpi or hard copies) are welcome.

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E-MAIL: [carolinacountry@ncemcs.com](mailto:carolinacountry@ncemcs.com)

### Whalehead Club Arts Festival

June 22-23, Corolla  
(252) 453-9040  
[www.whaleheadclub.org](http://www.whaleheadclub.org)

### Golf Class

June 22, Wallace  
(910) 285-4044  
[www.wallacechamber.com](http://www.wallacechamber.com)

### Snakes Program

June 22, Washington  
(252) 948-0000

### Homes & Garden Tours

June 25-26, Beaufort  
(800) 575-7483

### Antiques Show

June 25-27, Beaufort  
(800) 575-7483

### Beach Music Festival

June 26, Carteret County  
(910) 326-4006

### Blueberry Festival

June 26, Burgaw  
(888) 576-4756  
[www.festivalnews.info/festivals/nc\\_blueberry.html](http://www.festivalnews.info/festivals/nc_blueberry.html)

### Tar Riverfest

June 26, Rocky Mount  
(252) 972-1151  
[www.ci.rocky-mount.nc.us/events](http://www.ci.rocky-mount.nc.us/events)

### "King Mackerel" Musical

June 30-July 3, Morehead City  
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# Getting To Know...

Name: **DOC WATSON**

**Born:** Arthel Lane "Doc" Watson was born in Stoney Fork Township, near what is now Deep Gap, on March 3, 1923. He lives in Deep Gap, and is a member of Blue Ridge EMC.



**Known For:** This legendary folk guitarist performs bluegrass, ballads, gutsy blues and oldtime gospels at his packed concerts. Blind since age 1, he invented the art of playing mountain fiddle tunes on the flattop guitar. His mother sang traditional and religious songs and his father played the banjo, and Doc cites them as major influences. At age 13, Doc taught himself chords on a borrowed guitar and his delighted dad bought him a \$12 Stella. He didn't start playing paying gigs until age 30.

**Accomplishments:** Doc has received a National Merit Award, a National Heritage Fellowship and five Grammy Awards including a 2004 Lifetime Achievement Award. Doc has always referred to his blindness only as a hindrance, not a disability. Doc helped found MerleFest, in honor of his son, Merle, killed in a tractor accident. The annual event, held in Wilkesboro, has become one of the most critically acclaimed acoustic music festivals in the world.

**Quote:** "I would rather be remembered as a likable person than for any phase of my picking. Don't misunderstand me; I really appreciate people's love of what I do with the guitar. That's an achievement as far as I'm concerned, and I'm proud of it. But I'd rather people remember me as a decent human being than as a flashy guitar player."

**SURF iT!**

For more on Doc Watson:  
[www.merlefest.org](http://www.merlefest.org) | [www.docsguitar.com/](http://www.docsguitar.com/)

## Do You Know...

...how Machelhe Island on the Pasquotank River got its name?

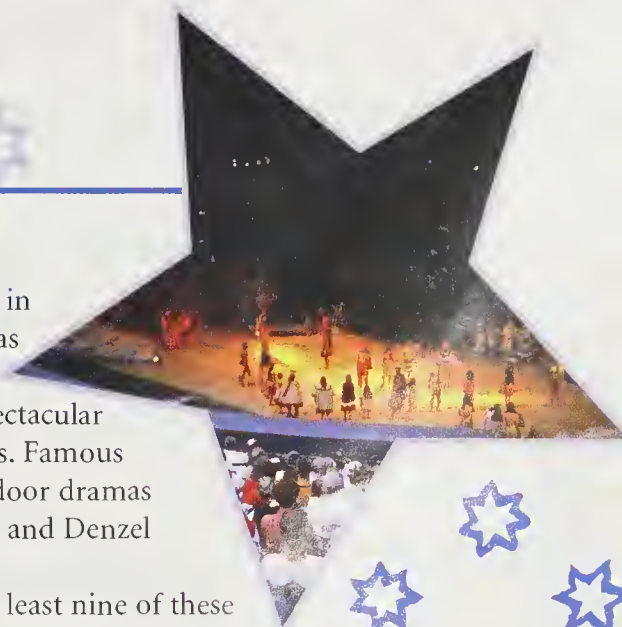
*It was named after the first two letters of the owner's four children: Mary, Charles, Eloise and Helen.*

## under the stars Drama

North Carolina is where outdoor drama began! "The Lost Colony," annually staged in Manteo, was first presented in 1937. Based on significant historic events, outdoor dramas are typically performed during summer months in amphitheatres. The performances are often where the events actually occurred. Educational and entertaining, they have spectacular

special effects and elaborate costumes. Famous actors who started out in N.C. outdoor dramas include Andy Griffith, Glenn Close and Denzel Washington Jr.

Today, North Carolina boasts at least nine of these moving, powerful plays. They include "Unto These Hills" (Cherokee), "The Sword of Peace" (Snow Camp), and "From This Day Forward" (Valdese). The Institute of Outdoor Drama in Chapel Hill works with communities in developing plays. Call (919) 962-1328 or visit [www.unc.edu/depts/outdoor/dir](http://www.unc.edu/depts/outdoor/dir)



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Cork

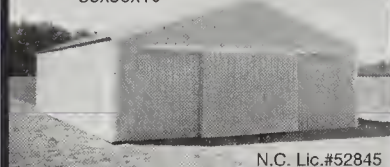


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## GARDENING FOCUS

### Perennial and annual pleasures

Most perennials stay in bloom for roughly three to six weeks. The secret to enjoying their blooms to the fullest is to select plants with staggered bloom times for a colorful bed with "oomph" throughout the season.

As with all plants, space perennials properly as crowded plants grow less vigorously. Plant seeds of moon flowers — a close cousin of morning glories. Moonflowers open in early evening with a sweet-scented beacon of light that rivals the moon. Their delightful fragrance spreads over a large area. The annual vines of moonflowers need a trellis or arbor to climb.

Annual sunflowers are drought-resistant and sun loving. When seedheads dry out, they'll even provide food for birds. A very large selection is available, both in size and color.

**S**ummer brings on thoughts of warmth. A studied selection of flower and vegetable plants adds much to outdoor enjoyment. A bonus is the use of plants as indoor decorations and freshly harvested vegetables.

## Annual displays

Most annuals are well into their blooming period, but some can be planted now and still have time to flower before killing frosts of autumn. Among the best to germinate quickly and grow off fast: portulaca, cosmos, sweet alyssum zinnia, marigold, lobelia, candytuft, and annual phlox. These give colorful displays for the garden, often contributing late — season accent to fall chrysanthemums.

To speed up flowering of these late plantings, seeds should be sown where the plants are to stay. To help hasten flowering, try these steps:

- 1) Scoop out a shallow depression and mix a teaspoonful of fertilizer plant food into the soil.
- 2) Cover fertilizer with about 1/2 - inch of soil.
- 3) Sow three seeds into each hole.
- 4) Cover seed lightly with fine soil. Clean sand is good. If garden soil is heavy, mix soil about 1/2 sand and 1/2 soil.
- 5) Sprinkle ground daily with a fine spray of water. Take care not to wash seeds out of soil.

When seedlings appear, thin out two weaker plants. Discards may be planted elsewhere, or contributed to community landscape projects. Undisturbed plants will grow, mature, and flower first. Fertilize when the flowerbuds appear.

A nice extra in summertime outdoor living is fragrant flowers planted near your patio or deck. Among the most odoriferous: scabiosa, petunia, calendula, candytuft, ten-weeks stock, ageratum, snapdragon, and sweet sultan. Plants that provide pleasing scents for outdoor areas: nicotiana, night-scented stock, evening primrose, tall mullein.



Phlox adds colorful accents to flower beds.

## Vegetable gardens

Do your replantings as soon as early crops are harvested. Keep ahead of the weeds with a hoe or cultivator. Watch for insects on each crop and apply proper control. A second crop of beans, beets, peas, lettuce, and spinach may be planted later, toward summer's end.

## A lily that takes the heat

Alstroemeria (Princess Lily) variety includes the pretty "Sweet Laura," a hybrid that grows about 30 inches tall. The winter rosettes of green foliage produce stems which bear golden flowers, highlighted with orange tips sprinkled with cinnamon specks, from June through September.

The sweet fragrance emitted by the abundant floral display makes this a delightful addition to the summer border. Most Princess Lilies decline in summer heat. But "Sweet Laura" tolerates the heat. It spreads slowly, unlike many of the more aggressive species.

## HORT shorts

✂ Mulch lily borders or bulb clumps.

✂ Divide bearded iris, and old clumps of hyacinths, narcissus, and other spring-flowering bulbs after blooming.

✂ Plant tropical water-lilies in late June and early July.

✂ Immediately after blooming, prune climber and rambler roses.

✂ Cut delphiniums back after blooming to prevent seeding. A second bloom

will be encouraged late in summer.

✂ Seeds of most perennials may be sown now.

✂ Plant blueberries, blackberries, currants, and gooseberries, if not planted earlier. Planting time is running out on these berries.

✂ Add or transplant daylilies to the garden while they are in bloom. That way you can choose the colors, sizes, and flower forms you prefer. Thousands of selections are available, and new selections are added annually.

For more June gardening advice, go to the "Carolina Gardens" section of [carolinacountry.com](http://carolinacountry.com)





# Outdoor security lighting that accents your place without bothering the neighbors

By Lois I. Hutchinson

**W**hen it comes to securing your home and property at night, the more light the better. Right?

Well, not if it glares in the eyes of neighbors, passersby and police — creating shadows that hide criminals at work. The truth is, it takes just a few low-level, well placed light fixtures to help identify intruders and beautify your home, without wasting a lot of electricity. The low-voltage lighting packages are do-it-yourself and give great bang for the buck, but most people hire a licensed electrician to purchase and install other lighting equipment. In either case, attractive outdoor lighting lets your family enjoy your yard and neighborhood at night — and may discourage criminals from stopping by.

Beware of any light fixture that shines into the eyes, especially if it annoys your neighbors. Floodlights mounted above the garage door or an old high-intensity security light can create harsh glare and actually make it more difficult to see as you approach your property. Strong shadows may conceal an attacker until it's too late to escape.

This type of lighting is considered energy-efficient (or more accurately, energy effective) because it gathers the light and casts it only where it's needed, not into your eyes or up into the sky. Experiencing a clear night's star-strewn sky is something to be treasured.

Instead of lighting an entire yard, consider just lighting paths and driveways with small, low-voltage path lights. In addition to preventing trip and fall accidents, path lights, in essence, show where people are supposed to be. Anyone lurking around a window or outbuilding is probably unwelcome. Solar-powered path lights are easy to install and cost no electricity. However, they need a full day of sun to shine brightly all night and can't be used in shady areas. On long winter nights they may only burn dimly for a few hours.

Illuminating downward from trees or eaves works well for decks and open areas. Again, to enhance your property and maintain optimal seeing conditions, look for a fixture that shields the source of light from view. Choose long-life compact fluorescent light sources for hard-to-reach locations. A mercury vapor light source will also last many years and give a cool-toned "moonlight" effect. Mercury vapor light sources almost never burn out; they just grow dimmer and dimmer while using the same amount of electricity the entire time. Maintain all your light fixtures at least every five years: clean, replace the light source, and adjust position and aiming to allow for growth of vegetation.

There should be a light at every entrance, so you can scan the area from inside your home and easily recognize who's

come to call. You can mount a lantern or "jelly jar" light fixture above or next to the front door. A screw-in compact fluorescent light bulb (CFL) will save electricity and lots of bulb changes if you choose to leave a

porch light burning all night. A CFL produces three to four times as much light per watt of electricity, so a 13-watt CFL is about the same as a 40-watt household lamp.

Compact fluorescents come in warm white and cool white, so be sure to check the package. The warm color temperature creates a cozy, welcoming feel. Philips-brand Marathon CFLs are all warm. Marathon CFLs made specifically for use outdoors (including yellow bug lights) have a shatterproof shroud. However, this light bulb may not fit in your chosen fixture or look that attractive even if it does. Many manufacturers make traditional and modern-style CFL-dedicated light fixtures that come with the proper bulb.

A new light fixture may also incorporate a photocell or motion sensor to turn lights on and off, so you don't have to. Photocells make a fixture burn reliably dusk-to-dawn, and a motion sensor turns lights on only when it detects a person, car or neighborhood dog moving within its field of view. A timer can turn lights on and off dependably and according to your preferred schedule, but will need to be adjusted seasonally and for daylight savings time.

Selecting the right type of light source, careful fixture placement and shielding, plus automated switching will maximize "seeability" and dependability while saving electricity and bulb changes. Remember that a light that is burned out, broken or not switched on can't deter criminals. Just a bit of planning and a relatively small investment can not only beautify your property at night, but help you and your community safeguard your home and family.

## RESOURCES:

To see examples of outdoor security lighting, visit your local home improvement store or lighting showroom. Helpful Web sites include [www.landscapelight.com](http://www.landscapelight.com) and [www.ruudlighting.com](http://www.ruudlighting.com)



*If you light the outside of your house, unwanted guests can be seen in silhouette. Simple, inexpensive, low-voltage floodlight kits can be placed behind plants and their cables run in shallow trenches.*

*Lois I. Hutchinson is a freelance writer with 12 years of experience focusing on energy efficiency and lighting.*









### Tender Flank Steak

- ¼ cup soy sauce
- 2 tablespoons water
- 3 garlic cloves, thinly sliced
- 1 tablespoon brown sugar
- 1 tablespoon vegetable oil
- ½ teaspoon ground ginger
- ½ teaspoon pepper
- 1 flank steak (1 pound)

In a large resealable plastic bag or shallow glass container, combine the first seven ingredients; mix well. Add steak and turn to coat. Cover and refrigerate for 8 hours or overnight, turning occasionally. Drain and discard marinade.

Grill, covered, over medium-hot heat for 6-8 minutes on each side or until meat reaches desired doneness (for rare, meat thermometer should read 140 degrees; medium, 160 degrees; well-done, 170 degrees).

Yield: 4 servings.

Recipes are by Taste of Home magazine. For a sample copy, send \$2 to Taste of Home, Suite 4321, PO Box 990, Greendale WI 53129-0990. Visit the Web page at [www.tasteofhome.com](http://www.tasteofhome.com).

Find more than 200 recipes and photos, and share your favorite recipes, at our Web site: [www.carolinacountry.com](http://www.carolinacountry.com)



### Favorite Pork Chops

- 1 cup soy sauce
- ¼ cup diced green pepper
- ¼ cup packed brown sugar
- 4 teaspoons chopped onion
- ½ teaspoon ground ginger
- 2 garlic cloves, minced
- 4 pork loin chops (1 inch thick)
- 2 teaspoons sugar
- 2 teaspoons cornstarch
- ½ cup water

In a blender or food processor, combine the soy sauce, green pepper, brown sugar, onion, ginger and garlic; cover and process until smooth. Set aside 2 tablespoons for sauce. Pour the remaining marinade into a large resealable plastic bag or shallow glass container. Add pork chops and turn to coat. Seal or cover and refrigerate for 8 hours or overnight.

Drain and discard the marinade. Grill the pork chops, covered, over medium-hot heat for 5-8 minutes on each side or until a meat thermometer reads 160-170 degrees.

In a saucepan, combine sugar, cornstarch, water and reserved soy sauce mixture; stir until smooth. Bring to boil; cook and stir for 2 minutes or until thickened. Serve over chops.

Yield: 4 servings.



### Chocolate Dessert Wraps

- ½ cup creamy peanut butter\*
- 4 flour tortillas (8 inches)
- 1 cup miniature marshmallows
- ½ cup miniature semisweet chocolate chips
- Vanilla ice cream
- Chocolate shavings, optional

Spread 2 tablespoons of peanut butter on each tortilla. Sprinkle ¼ cup marshmallows and 2 tablespoons chocolate chips on half of each tortilla. Roll up, beginning with the topping side. Wrap each tortilla in heavy-duty foil, seal tightly.

Grill, covered, over low heat for 5-10 minutes or until heated through. Unwrap tortillas and place on dessert plates. Serve with ice cream. Garnish with chocolate shavings if desired.

Yield: 4 servings.

\*Editor's Note: Crunchy peanut butter is not recommended for this recipe.

### Grilled Veggie Mix

- 2 medium zucchini, cut into half-inch slices
- 1 large green pepper, cut into half-inch squares
- 1 large sweet red pepper, cut into half-inch squares
- 1 pound fresh mushrooms, halved
- 1 large onion, cubed
- 6 medium carrots, cut into quarter-inch slices
- 2 cups small broccoli florets
- 2 cups small cauliflowerets

#### DRESSING:

- ¼ cup olive or vegetable oil
- ¼ cup butter or margarine, melted
- ¼ cup minced fresh parsley
- 2 garlic cloves, minced
- 1 teaspoon dried basil
- ½ teaspoon dried oregano
- ½ teaspoon salt
- ¼ teaspoon pepper

Place all of the vegetables in the center of two pieces of double-layered heavy-duty foil (about 18 inches square). Combine all of the dressing ingredients; drizzle over vegetables. Fold foil around mixture and seal tightly. Grill, covered, over medium heat for 30 minutes or until vegetables are tender, turning once.

Yield: 10 servings.



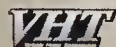


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OR WRITE TO KUBOTA TRACTOR CORPORATION, 3401 DEL AMO BLVD., DEPT. NCM, TOLRANCE, CA 90503.  
FINANCING AVAILABLE THROUGH KUBOTA CREDIT CORPORATION.

[www.kubotaRTV61.com](http://www.kubotaRTV61.com)



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# ATTENTION!

## ELECTRIC COOPERATIVE MEMBERS

Here's a plan that can provide  
**CASH TO HELP WITH FINAL EXPENSES**  
**Up to \$35,000!\***

\* Selected Maximums Apply

Now you can have a Life Insurance Plan to help cover your Final Expenses –  
A plan which pays up to \$35,000 to help your family cover your last expenses – Worldwide.

- Protection up to \$35,000
- Benefits begin first day
- Eligible up to age 85
- No physical exam required, based on coverage
- No waiting period
- Proceeds immediately available at death of insured
- Company cannot cancel your plan, reduce your benefits or raise your premium
- Can cost only pennies a day
- Whole Life Insurance Policy 4-790(03)  
Underwritten by Standard Life and Casualty Insurance Co

### Plan 1: Most Health Conditions Accepted!

Not affiliated with or endorsed by any government agency

#### Sample Monthly Rates per 1,000\*

Issue Age	Male	Female
5	\$ .51	\$ .51
15	\$ .55	\$ .51
35	\$ 1.21	\$ 1.01
55	\$ 3.03	\$ 2.28
65	\$ 4.99	\$ 3.92
75	\$ 9.46	\$ 6.96
85	\$18.47	\$15.44

DOES NOT INCLUDE POLICY FEE, MINIMUMS APPLY – SMOKER AND NON-SMOKER

**CLIP AND MAIL COUPON TODAY!**

**ACT NOW!**

#### FINAL EXPENSE

3700 FOREST DRIVE, SUITE 205  
COLUMBIA, SC 29204

- ☐ PLAN 1 Yes, I would like to know more about the new plan!  
☐ PLAN 2 Please provide information on Low Medicare Supplement Rates

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Date of Birth \_\_\_\_\_ Telephone \_\_\_\_\_

**MAIL THIS COUPON TODAY TO RECEIVE  
FULL DETAILS WITHOUT OBLIGATION**

CC 06/04

### Plan 2: Unbelievable Medicare Supplement Rates!

We have the **most competitive  
Medicare Supplement Rates  
Anywhere!**

Please check Block #2 for more  
information and rates. Discount  
Drug Card and Automatic  
Claims Filing included at  
**NO EXTRA COST!**